



# FULLERTON FAMILY YMCA

## MEET THE TRAINERS!



### MANYA KORETOFF



Manya believes exercise should be enjoyable, functional and purposeful. With an extensive background in "peer coaching", she takes her passion for serving others to another level by helping them dig deeper to achieve their health and fitness goals. She is gifted at working with her clients to plan creative programs, which are both specialized and functional so that they have the tools needed to reach their specific goals. Her approach to fitness is "integrative" so that all programs include functional movements which include strength, balance, flexibility, mobility, and sound nutrition. She uses original and unique muscle movements in addition to traditional workouts to keep fitness fun and functional. Manya stays active by lifting weights, planning creative workouts, playing tennis, hiking, skiing, gardening and walking her dogs. She also enjoys reading, traveling, knitting, painting, and learning new things. Currently, as a "young" senior, she is even learning to snowboard!



### ADAM KRAUS



Adam is a decorated international-level Karate athlete. He is a 3x Jr. Team USA member, 3x National Champion, and 2x Pan American Bronze medalist. Through his experience as a karate athlete, Adam discovered his love for human movement and exercise. Adam is passionate about physical activity and loves helping others become the best version of themselves. Adam has a wealth of knowledge in many subjects ranging from strength and conditioning to stress management. Adam believes in always striving to be better day by day, but that it should be fun and individualized.

In addition to being a dedicated karate instructor and coach since his teens, Adam is also an active karate athlete and competes in national and international competitions.



### DANIELLE GONZALEZ



Danielle believes that health and fitness is not one-size-fits-all. Each person brings their own unique body, lifestyle, history, and goals to the table—and those differences deserve to be honored. What works for one person may not work for another, and that's not a sign of failure, but a reminder that wellness is deeply personal. It's about listening to your body, moving in ways that feel good, and nourishing yourself with foods that fuel both energy and enjoyment.

Danielle is NSAM-CPT Certified.



## JASON JIMENEZ

Jason's philosophy is if you look great, it makes you feel great. If you feel great, you will play great! Jason's hobbies involve all beach activities like surfing, bike riding, BBQing and catching rays. He also enjoys weightlifting, watching football and basketball games, personal training, vacationing, and most importantly spending valuable time with family!

Jason has experience in the first aid and safety industry. An industry that goes hand in hand with both health & wellness training working at the YMCA. Jason loves to help people meet their fitness goals which in turn gives people an option to a healthier way of living.

Jason is a Certified Elite Personal Trainer Certificate (ISSA), Certified Nutritionist (ISSA), Certified Transformation Specialist (ISSA), and Certified CPR (ISSA).




## SIMS CORBETT

Sims Corbett is a health and wellness professional with over 20 years of experience creating evidence-based fitness and education programs across community, clinical, and digital settings. Guided by a person-centered, evidence-driven approach, Sims promotes movement as accessible, empowering, and sustainable, helping individuals build strength, confidence, and resilience for lifelong well-being. With a background in kinesiology, education, and psychology, she emphasizes safe, effective programming and compassionate coaching, particularly for those navigating life transitions or chronic conditions. Outside of work, Sims enjoys strength training, running, skiing, reading, and spending time with her husband and dogs—and still holds her elementary school long jump record.

### Education & Certifications:

PhD, ABD (Kinesiology) | American Council on Exercise (ACE) Certified Personal Trainer  
National Strength and Conditioning Association (NSCA) Certified Personal Trainer



## MATEO SILVA

Mateo's philosophy on health and wellness is the focus on functional exercises that compliment day to day activities such as pulling, pushing and squatting. Some of his favorite hobbies are playing basketball, weightlifting, and visiting beaches here in Southern California. A fun fact about Mateo is that he coaches a 13 youth AAU basketball team called the Santa Ana Aztecs for an organization that helps youth participate in sports.

Mateo is certified by the National council on strength and fitness and has his associate's degree in Kinesiology from Santiago Canyon College.



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# MISSION VIEJO YMCA

## MEET THE TRAINERS!



### MATT STRICKLER

Matt is a Certified Personal Trainer and Corrective Exercise Specialist who's spent the last eight years helping people move better and feel stronger. Since joining The Y in 2021, he's worked with members of all ages and abilities. Helping them build strength, balance, and confidence from the ground up. Matt believes that lasting fitness starts with understanding how your body moves. Coupled with a broad knowledge of corrective exercise techniques, he helps clients stay active and do what they love, with less pain and more confidence. Matt's always learning and staying current with research in strength, mobility, and movement so his clients get training that's smart and effective.

Outside the gym, Matt loves being home with his family. Whether gaming with his son, watching shows with his wife, or taking his dogs out for long walks, he believes those everyday moments are what keeps life balanced and fulfilling.



### THILO DREUTH

Thilo brings a unique blend of expertise, discipline, and inspiration to every training session. As a former martial artist and self-defense instructor, Thilo's approach to fitness is rooted in focus, resilience, and purposeful movement. His training philosophy centers on age-specific Functional Training, helping clients build strength, confidence, and mental clarity at every stage of life. Before dedicating himself to fitness full-time, Thilo built a successful career in corporate banking and lending, where his leadership in sales honed his ability to motivate, set goals, and deliver results—skills he now channels into guiding clients toward lasting health transformations. Thilo lives an active lifestyle that reflects his passion for Functional Strength Training and the outdoors. Whether trail running, hiking, snowboarding, waterskiing, or paddleboarding, he believes movement should be both challenging and joyful. Fueled by a love of adventure, nature, and exploration, he embraces balance in all aspects of life—and has recently rediscovered his passion for cooking, finding creativity and connection in the kitchen. Thilo's mission is simple: to help you build strength, confidence, and vitality that extend far beyond the gym—so you can live each day with energy, purpose, and a renewed sense of possibility.

#### Education:

ACE and ISSA Certified Personal Trainer, with a specialization in Senior Fitness.



## BOBBY WEI



Bobby is a dedicated fitness professional with 6 years of experience at the YMCA, specializing in one-on-one personal training, small group strength training (Iron People), and large group BootCamp/HIIT classes. Passionate about improving members' quality of life by enhancing strength, mobility, and functional performance to positively impact activities of daily living (ADLs). Emphasizes proper form, full range of motion (ROM), and movement efficiency to reduce injury risk, promote longevity, and support both health span and lifespan. Committed to helping individuals at every fitness level achieve sustainable, meaningful results through intentional and effective training.

### Education:

CSULB: Bachelor's of Science Kinesiology: Fitness

CSULB: Certification of Gerontology

CPR Certified



## AZITA TABIB



With an extensive background in human anatomy and kinesiology, Azita is dedicated to helping clients overcome barriers, guiding them through a safe and rewarding exercise experience, and rejoicing with them as they achieve their fitness goals. She believes age is just a number, and it's never too late to change habits. Azita is a mother of two, and in her free time she enjoys practicing Cyclic Yoga, painting, reading, writing, hiking and listening to music.

"When you change the way you look at things, the things you look at change." – Dr. Wayne Dyer

Certifications: American College of Sports Medicine Certified Personal Trainer, CPR/AED/First-aid, SilverSneakers, Bachelor's Degree.

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# LAGUNA NIGUEL YMCA

## MEET THE TRAINERS!



### SUSAN PROCTOR

Susan has been a Personal Trainer since 2012. Her own personal health journey and transformation led her to want to pay it forward and has a true heart in helping others. She works hard to specifically design a program for each individual clients needs. She recently moved to the area because of her love for the beach. When Susan's not training, she enjoys hiking peaks, pickleball, bike riding, kayaking, or walks along the beach. She has 3 sons and 3 grandsons.

Certifications: B.S. Business Administration, NCSF Personal Trainer, CPR/AED/First-aid, Zumba Basic and Zumba Gold, TRX, IFTA Kickboxing, Silver Sneakers, AEA Arthritis Foundation.



### SYDNEY WILLIAMS

With over 6 years of experience in the fitness industry, Sydney has worked with clients ranging in age from 5 to 90, helping them move better, feel stronger, and stay motivated. Sydney is especially passionate about hypertrophy and functional fitness. She makes time to train a few days a week herself to stay accountable and set a positive example for her clients. Sydney works with clients one on one and also in small group training. On her days off, you'll usually find her at the beach, watching movies and shows, or getting creative with some crafting.

"You don't lose if you get knocked down; You lose if you stay down"  
– Muhammad Ali

Certifications:  
NASM Certified Personal Trainer  
CPR/AED/First-aid



### JOSEPH ELDER

Joseph has been a personal trainer for over 9 years and is currently pursuing a degree in kinesiology with the goal of becoming a physical therapist. When it comes to training, he likes to develop programs specifically tailored to his clients and their individual needs. Joseph makes sure they are progressing every week and workouts are as fun as they can possibly be.

"I love helping people reach their personal wellness goals. Whether you want to lose weight, build muscle or become a better athlete, I can get you there!" When Joseph isn't training himself, he enjoys mountain biking, woodworking, yoga and painting.

Certifications: NASM and Current Expert Rating Certified Personal Trainer.  
CPR/AED/First-aid





## AZITA TABIB

With an extensive background in human anatomy and kinesiology, Azita is dedicated to helping clients overcome barriers, guiding them through a safe and rewarding exercise experience, and rejoicing with them as they achieve their fitness goals. She believes age is just a number, and it's never too late to change habits. Azita is a mother of two, and in her free time she enjoys practicing Cyclic Yoga, painting, reading, writing, hiking and listening to music.



"When you change the way you look at things, the things you look at change." – Dr. Wayne Dyer

Certifications: American College of Sports Medicine Certified Personal Trainer, CPR/AED/First-aid, SilverSneakers, Bachelor's Degree.



## BRIAN NIEVES

Brian is certified personal trainer at the YMCA, dedicated to empowering individuals to achieve their unique fitness goals through innovative and personalized programming. He offers clients a clear and attainable path to improved physical and mental well-being. He loves helping people reach their personal wellness goals. Whether you want to lose weight, build muscle, or become a better athlete, he can get you there. Outside the gym, he leads a healthy and creative lifestyle. He enjoys hiking, which keeps him connected to nature and challenges his endurance. His passion lies in motivating and inspiring people to surpass their limits, fostering a mindset where fitness becomes a sustainable lifestyle.



"The body achieves what the mind believes."

Certifications:

NASM Certified Personal Trainer

Saddleback College–Personal Trainer Specialist.

CPR/AED/First-aid

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# HUNTINGTON BEACH YMCA

## MEET THE TRAINERS!



### SHANNON WEED

#### NASM CERTIFIED PERSONAL TRAINER



Meet Shannon, a passionate certified personal trainer and certified nutritionist dedicated to helping others achieve their fitness goals. A devoted wife and mother to four beautiful children. Shannon loves spending time outdoors and is a fitness enthusiast with a particular focus on weight training. With over a decade of experience as a member of the YMCA, she has cultivated a love for fitness that she shares with her clients in Huntington Beach. Shannon also teaches small group training classes and is committed to helping her clients become the best versions of themselves. She believes in the power of a healthy lifestyle and is dedicated to inspiring and guiding others on their journey to wellness.

Favorite quote: "Fitness is a journey, not a sprint."



### GARLAND MASSDIN

#### NASM CERTIFIED PERSONAL TRAINER



Garland Massdin is a certified personal trainer with over 10 years of experience helping clients build strength, confidence, and sustainable healthy habits. With a results-driven approach and a strong focus on proper technique, Garland designs personalized training programs tailored to each individual's goals, fitness level, and lifestyle.

Specializing in strength training, fat loss, and functional fitness, Garland believes that consistency, education, and accountability are the foundations of long-term success. Whether working with beginners or experienced athletes, Garland creates a supportive and motivating environment that challenges clients while prioritizing safety and longevity.

Driven by a passion for fitness and personal growth, Garland is committed to empowering clients to move better, feel stronger, and perform at their best—both inside and outside the gym.



### ASHLEY GRISWOLD

#### NASM CERTIFIED PERSONAL TRAINER



Ashley Griswold is a NASM-certified personal trainer with expertise in Functional Training, Corrective Exercise, Women's Fitness, Weight Loss Management, and Senior Fitness. Since 2019, she has been a trusted trainer at the HB YMCA, helping clients of all ages—from 13 to 91—reach their health and fitness goals.

Ashley's passion for fitness drives her commitment to creating personalized programs that fit your lifestyle and needs. Her goal is simple: to help you feel stronger, more confident, and capable every day. Whether you're starting your fitness journey or looking to take it to the next level, Ashley will guide you every step of the way.

"You will never always be motivated, so you must learn to be disciplined."

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# HUNTINGTON BEACH YMCA

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### JAIME SULLIVEN

#### NASM CERTIFIED PERSONAL TRAINER

Jaime has been a NASM certified personal trainer since 2015. Weightlifting has been an absolute passion and lifestyle of hers. She enjoys putting years of that experience into creating individual programs and working with all types of clients. Her expertise includes injury prevention, exercise rehab, seniors, bodybuilding, weight loss, athletic training and powerlifting. She started her competitive body building journey in the figure division as of 2023.

"Weight training is life changing both physically and mentally. There is nothing more gratifying than seeing ones discipline and confidence exponentially grow in all areas of life because of it."



### LUIS LUPERCIO

#### NASM CERTIFIED PERSONAL TRAINER

Luis is a NASM certified personal trainer with over 20 years of experience in bodybuilding, strength training, and functional fitness. He is passionate about helping YMCA members of all ages and fitness levels improve their health, strength, and confidence in a safe, supportive environment. Luis works with beginners who are new to exercise, as well as experienced members looking to improve strength, mobility, and overall performance. His training style emphasizes proper form, injury prevention, and sustainable progress—helping members feel comfortable, capable, and motivated both in and out of the gym.

He specializes in strength training, muscle development, fat loss, corrective exercise, and functional movement. Luis believes fitness should be approachable and effective, and he tailors each program to meet individual goals, abilities, and lifestyles. Luis is bilingual in English and Spanish, allowing him to better serve the diverse YMCA community.



### KEVIN DANG

#### BACHELORS OF SCIENCE KINESIOLOGY

Kevin Dang began working as a personal trainer at the YMCA following completion of his B.S. in Exercise Science in 2022. His approach emphasizes functional training, proper lifting mechanics, injury prevention, and sustainable, science-based evidence rather than quick fixes. He works with clients of all ages and experience levels to rebuild strength, restore confidence, and improve daily function—helping them move safely, efficiently, and without pain. It is his desire to empower individuals to take ownership of their physical well-being through education, movement, and consistency. His long-term goal is to bring health knowledge to the client, meeting them where they are, rather than the other way around.

"Why be any version of yourself, other than your ideal self"

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