



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).

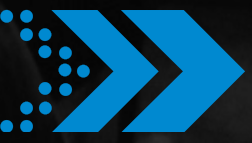


SIMS CORBETT

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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