



# 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."

**SCAN THE CODE TO BOOK YOUR SESSION!**

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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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