



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

SCAN THE CODE TO BOOK YOUR SESSION!

YMCAOC.ORG/LN

