



# 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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