MEET THE STAFF

 Greg Greenzalis, *Master Trainer*

As the owner of Ultimate Form Fitness at the Lakes Golf & Country Club, Greg has been training all ages for over 30 years. Greg and wife Melinda started Ultimate Form Fitness almost 25 years ago and Greg has been training at The Lakes for 18 years. After graduating from Ohio State University, Greg acquired his Master’s degree in Sports Science from Ashland University. Greg received his Personal Training certification from NASM and is also Polestar Pilates certified. Greg’s philosophy is to always give max effort and attitude.

 Kim Vandemark, *Master Trainer*EMAIL: kIm\_vandermark@hotmail.com

Kim has been Personal Training for 19 years, all of which have been with Ultimate Form Fitness. As a trainer, Kim enjoys working with clients of all ages and watching as they achieve their fitness goals. Kim’s training philosophy is to keep moving through every session. Some training days are better than others, but if you keep moving, every training session will result in progress towards your goals. Kim has a Master’s degree in exercise physiology from the University of Akron, where she also played four years of Tennis.

 Ellie Anderson, *Certified Personal Trainer*

Email: ellieanderson09@gmail.com

Ellie grew up right here in Central Ohio and attended The Ohio State University. After graduation, Ellie received her Personal Training certificate through NASM and Precision Nutrition level 1. Ellie’s love for fitness as a marathon runner, Crossfit competitor and lover of all things fitness and nutrition related led her to become a Personal Trainer. She is proud to be a Lakes Athletic Club trainer and she has a workout for you. Whether you are looking to improve your overall health, get stronger, improve athletically, or just make everyday life easier, she can get you there with functional fitness training in a fun, welcoming environment.

Email: csimkins.ultimateform@lakesclub.com

 Chad Simkins, *Trainer*Email: csimkins.ultimateform@lakesclub.com

Chad has been involved in soccer for 35 years as a coach and player. He holds a regional goalkeeping license and an advanced regional coaching license. He has a Level 1 CrossFit certificate and coaches at Crossfit Olentangy. Chad has enjoyed training athletes for the past 15 years. He lives in Lewis Center and enjoys spending time with his fiance’, Sheila, and her two kids Gavin, 7, and Olivia, 5. Chad also coaches two U9 girls teams for Classics Eagles.