



# MEET THE

# *Team*

## PERSONAL TRAINING STAFF 2025-2026

# ALEXIS ADAMS

**SPECIALIZATION: STRENGTH TRAINING, FOUNDATIONAL MOVEMENT TRAINING, SENIOR FITNESS, SPORT-SPECIFIC TRAINING, AND BEGINNER FITNESS**

CLASS OF 2026

**MAJOR: KINESIOLOGY**

**HOMETOWN: GLOUCESTER, VA**



**"I BECAME A PERSONAL TRAINER BECAUSE I LOVE HELPING PEOPLE FEEL CONFIDENT IN THEIR OWN BODIES. BEING PHYSICALLY ACTIVE IS VITAL IN KEEPING US HEALTHY AND HAPPY. I WANT TO HELP OTHERS BUILD HEALTHY HABITS AND DISCOVER WHAT THEY'RE CAPABLE OF."**

# CLAIRE BAILEY

**SPECIALIZATION: WEIGHT LOSS, STRENGTH TRAINING, AND  
STRENGTH AND CONDITIONING**

CLASS OF 2027

**MAJOR: KINESIOLOGY**

**HOMETOWN: MOSELEY, VA**



**"I STRUGGLED WITH AN EATING DISORDER IN HIGH SCHOOL AND A PERSONAL TRAINER IN MY GYM HELPED ME THROUGH IT. I'VE ALWAYS WANTED TO HELP PEOPLE GET TO THEIR GOAL WEIGHT AND FITNESS LEVEL SINCE I GOT THE HELP I NEEDED. I BELIEVE EVERYONE DESERVES TO FEEL GOOD IN THEIR OWN SKIN. I WANT TO HELP IN A PERSON'S JOURNEY OF REACHING THEIR GOAL!"**

# JORDYN BREAZZEAL

**SPECIALIZATION: STRENGTH TRAINING**

CLASS OF 2028

**MAJOR: KINESIOLOGY**

**HOMETOWN: SMITHFIELD, VA**



**"I BECAME A PERSONAL TRAINER BECAUSE I WANT TO HELP PEOPLE REACH THEIR FITNESS GOALS AND TO DEVELOP THE SKILLS NECESSARY TO HELP ME SUCCEED IN A CAREER WITHIN THE FITNESS PROFESSION."**

# MARQUIS CARLOS

• **SPECIALIZATION: WEIGHT LOSS/MANAGEMENT, STRENGTH AND CONDITIONING, AND SPORT-SPECIFIC TRAINING**

CLASS OF 2026

**MAJOR: KINESIOLOGY**  
**HOMETOWN: CREWE, VA**



**"I BECAME A PERSONAL TRAINER TO HELP OTHERS MEET THEIR FITNESS/ATHLETIC GOALS AND TO FEEL BETTER THROUGH MOVEMENT AND EXERCISE, EMPHASIZING A BALANCE OF HOLISTIC LIFESTYLE HABITS WITH STRUCTURED EXERCISE AND NUTRITION."**

# AXANDREA CHITTENDEN

**SPECIALIZATION: WEIGHT LOSS, STRENGTH TRAINING,  
STRENGTH AND CONDITIONING, AND MOBILITY**

CLASS OF 2028

**MAJOR: KINESIOLOGY**

**HOMETOWN: PALMYRA, VA**



**"I WANT TO HELP INDIVIDUALS ACHIEVE THE GOAL THEY HAVE FOR THEMSELVES AND HELP THEM BETTER THEIR FITNESS JOURNEY AND MAKE THEM FEEL MORE COMFORTABLE WITH THE GYM ATMOSPHERE."**

# BENJAMIN GAERTNER

**SPECIALIZATION: STRENGTH AND CONDITIONING, SPORT-SPECIFIC TRAINING (SOCCER), AND GENERAL FITNESS**

CLASS OF 2026

**MAJOR: MASTER OF BUSINESS ADMINISTRATION**  
**HOMETOWN: MUNICH, GERMANY**



**"I'VE ALWAYS LOVED MOTIVATING OTHERS AND HELPING THEM IMPROVE THEIR HEALTH AND PERFORMANCE. WITH MY BACHELOR'S DEGREE IN FITNESS TRAINING AND MANAGEMENT AND YEARS OF ATHLETIC EXPERIENCE, BECOMING A PERSONAL TRAINER WAS A NATURAL WAY FOR ME TO SHARE MY PASSION AND GUIDE PEOPLE TOWARD A HEALTHIER LIFESTYLE."**

# ELIZAVETA GNILOZUBOVA

**SPECIALIZATION: WEIGHT LOSS, STRENGTH AND CONDITIONING, TENNIS TRAINING, AND CARDIO**

**CLASS OF 2026**

**MAJOR: FINANCE**

**HOMETOWN: ASTANA, KAZAKHSTAN**



**"I AM A PROFESSIONAL TENNIS PLAYER AND HAVE BEEN IN SPORTS SINCE I WAS 3 YEARS OLD. TENNIS IS MY PASSION AND I PLAN TO COACH IN THE FUTURE, SO I DECIDED TO BECOME A PERSONAL TRAINER TO SHARE MY KNOWLEDGE IN EXERCISE AND SPORT WITH OTHERS WHILE GROWING IN THE FIELD MYSELF."**

# DAVID LOW

**SPECIALIZATION: MUSCLE GAIN AND STRENGTH TRAINING**

**CLASS OF 2027**

**MAJOR: KINESIOLOGY**

**HOMETOWN: WARRENTON, VA**



**"I BECAME A PERSONAL TRAINER BECAUSE HELPING PEOPLE IMPROVE THEIR QUALITY OF LIFE THROUGH PHYSICAL ACTIVITY IS MY PASSION. THE GYM HAS HELPED ME GROW SO MUCH AS A PERSON, AND I WANT TO HELP OTHERS ACHIEVE THE SAME."**

# JOSEPH RUSSELL JR.

**SPECIALIZATION: STRENGTH TRAINING, HITT, NUTRITION,  
AND RECREATIONAL BOXING**

CLASS OF 2028

**MAJOR: KINESIOLOGY**

**HOMETOWN: PALMYRA, VA**



**"ONE OF MY BIGGEST PERSONAL MOTIVATIONS FOR BECOMING A PERSONAL TRAINER IS HELPING PEOPLE BUILD CONFIDENCE BY SETTING AND ACHIEVING GOALS THAT ARE MEANINGFUL TO THEM. I'M EXCITED FOR THE CHANCE TO APPLY THE KNOWLEDGE I'VE SPENT THE PAST FEW YEARS DEVELOPING AT LONGWOOD IN MEANINFUL, PRACTICAL WAYS."**