



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 OT 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 MEANINGFUL, PRACTICAL WAYS."