

La Vita

Fitness Specialist

DEMI

Degree/Certifications

University of Wisconsin – Oshkosh;
Bachelor of Science in Kinesiology – Emphasis in Exercise and Fitness

ACE Certified Personal Trainer

ACE Certified Nutrition Specialist

Yoga Instructor – RYT 200

Les Mills BODYPUMP™ Instructor

Work History

Orange Shoe Fitness – Personal Trainer

Anytime Fitness – Personal Trainer and Group exercise instructor

Personal Experience

Living a healthy lifestyle is the best way to inspire others. I grew up playing softball year-round, never missing a beat. After years of pushing



limits and exceeding my own expectations, more recently than ever, I appreciate taking the time to heal my body with yoga, meditation, strength training, and consuming whole foods. As a continual learner, I love to stay educated in my field in order to

provide the best service to my clients.

About me...

Being a Portage, Wisconsin native I am proud to be giving back to the community where it all began! I own a home with my significant other Lukas with our two dogs, Murphy and Raven. In my free time, I enjoy gardening, making macramé wall art, and going to local festivals.

Programs/Classes I teach at La Vita

Aerial Yoga, Slow Flow Yoga, BODYPUMP™

Interested in Personal Training? Set up a Free Consultation at Member Services today!



La Vita is located at The Wellness Center

La Vita

Fitness Specialist

JOHN

Degree/Certifications

University of Wisconsin – Oshkosh; Bachelor of Science in Kinesiology – Emphasis in Exercise and Fitness

ACE Certified Personal Trainer

ACE Certified Fitness Nutrition Specialist

ACE Certified Orthopedic Exercise Specialist

ACE Sports Performance Specialist

Work History

Anytime Fitness in Wauwatosa – Personal Trainer

Divine Savior – Rehab Aide

Personal Experience

I have always been an athlete with basketball being my primary sport. I use strength training as my primary focus to build strength to improve abilities and prevent injuries. I enjoyed my time as a Personal Trainer in Wauwatosa where I had many different clients that I worked with



every week. It was very rewarding to build those relationships and see their progress. Here at La Vita I've helped design our Transition Programs where rehab patients or anyone with a referral have the opportunity to continue their journey to recovery or better health

by working with a Fitness Specialist.

About me...

I'm originally from Portage and am happy to live in my hometown. My family includes my wife Megan, our precious daughter Greta, and our hunting dog Dodge. Together we go on many adventures out into the wilderness! I like to spend most of my time outdoors going camping, hunting, fishing, and doing photography. These hobbies keep me busy and motivated to stay in shape!

Programs/Classes I teach at La Vita

Bootcamp, TRX® Circuit, Morning Espresso, Tone & Stretch, Speed & Agility and FUNctional

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Fitness Specialist

DANIELLE

Degree/Certifications

Marian University – Fond du Lac;
Bachelor of Science in Exercise and
Sport Science

ACE Group Fitness Instructor,
BODYPUMP™

Work Experience

Anytime Fitness Personal Trainer and Group
Exercise Instructor

Personal Experience

I have been playing hockey and living an active lifestyle since the age of three. It came naturally to me to want to help people improve their health. I was fortunate to intern at La Vita for a summer and knew it was the perfect place for me to work. It is so rewarding to work with clients of all different ages and see an 89 year old in fitness classes, working hard, with a big



smile on their face. La Vita gives all people the opportunity to reach goals and make themselves better each and every day.

About me...

I am from DeForest, Wisconsin and have lived in the same house my entire life. I enjoy being outdoors and fishing whenever I can. I take a lot of group fitness classes at La Vita and enjoy the idea of everyone pushing each other to be their best. I love watching my clients progress from start to finish to achieve success.

Programs/Classes I teach at La Vita

BODYPUMP™, Walk With Ease, Tone and Stretch,
Ab Attack, Aqua Wave

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Fitness Specialist

AMANDA

Degree/Certifications

University of Wisconsin –
La Crosse; Bachelor of Science in
Exercise & Sports Science

ACSM Certified Personal Trainer

Work Experience

La Crosse Area YMCA – Personal
Trainer and Group Exercise Instructor

Personal Experience

I found a passion training one-on-one with members. I enjoy seeing my clients transition their health and fitness. The joy it brings them as I help them become a healthier version of themselves inspires me in my job.

I have always been very active growing up. I've been on sports teams ranging from cheerleading to softball to horseback riding competitions. I've



experienced a few sports injuries and because of them, they inspired me to go into a fitness career. From sports injuries, I know that staying active is the best medicine for nearly everything. Now I love being able to help people along their fitness journey.

About me...

I grew up in Wisconsin Dells. Living here, there was always something to do to stay active. I enjoy being outside swimming and hiking in the summer. In my free time I love spending time with friends and family.

Programs/Classes I teach at La Vita

Total Body, Strength & Balance, Transitions

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Fitness Specialist

LOGAN

Degree/Certifications

University of Wisconsin-Madison;
Bachelor of Science in Kinesiology-
Exercise and Movement Science
with and an additional major in
Biology

Work Experience

University of Wisconsin Hospital-Department
of Urology Research Assistant

Personal Experience

Growing up I have always been involved with sports-mainly cross country, hockey, and baseball. Through my love of these sports and fair share of sports injuries, I decided to study the human body in both healthy and injured states during college. By doing so, I discovered the preventative power of physical activity and nutrition and hope to use my understanding of these principles to promote the health and wellness of members here at La Vita. I hope to



continuously challenge myself to provide individualized care and help each member achieve their goals.

About me...

Originally from Portage, I am happy to be back living and working in my hometown. I love the small-town atmosphere and ability to reconnect with past coaches, teachers, and friends who have helped me get to where I am today. I enjoy exploring the outdoors of South Central Wisconsin by hiking, hunting and fishing, as well as watching the Badgers, Brewers and Packers, and reading a good book in my spare time.

Programs/Classes I teach at La Vita

Walk with Ease, Transitions, Speed & Agility, Pave the Weigh

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