

Charles Jordan Community Center

Personal Trainer Jutta Reichardt



Biography

After growing up in Germany I moved to the US in 2002. My love for the outdoors and fitness in general have always been an important part of my life. Two decades of rock climbing, international work in sport-related filmmaking, and promoting various sporting goods companies have shaped my life and what I bring to my profession.

The desire to share the enthusiasm for a healthy lifestyle, and to make a positive difference in people's lives, led to the decision of becoming a personal trainer.

Philosophy

Each day is an opportunity for change and improvement. Focus on your goals and work towards them, see yourself achieving, step by step.

Certifications

- Certified Personal Trainer (National Academy of Sports)
- Corrective Exercise Specialist (NASM)
- Weight Loss Specialist (NASM)
- Women's Fitness Specialist (NASM)
- CPR/ First Aid & AED Certified
- Myofascial Release Certification (Fitour)
- Team Fitness Group Exercise Certification

Group X Classes: Jutta teaches Circuit City at Charles Jordan Community Center. Check out our Group X schedule for more details.

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Personal Trainer Diallo Chambers

Biography

While attending Grambling State University, I received a double major in Liberal Arts & public Communications. Soon after, I moved to Los Angeles & began an internship in theatre & also worked in modeling & television & film casting. Being in the field of entertainment motivated me to shape, mold & transform my body into the type of physiques that was healthy & always camera ready. The industry was filled with beautiful, lean, toned bodies. The lesson I quickly learned commitment, hard work, and knowledge, you may not always get the part, but you always get results. The lesson I quickly learned commitment, hard work, and knowledge, you may not always get the part, but you always get the results.



Philosophy

Working hard will achieve results and one should always leave a training feeling better than he/she did entering.

Every day we wake up & have the ability to make choices to define who we are. Why not make choices that will positively affect your mental & physical well-being? Give time to yourself in the day for self-improvement! Fitness & weight loss goals are achievable if you are willing to make small daily fight on the road to a healthy, fit lifestyle!

Specialties

- Body Toning & Core Strength
- Abdominal Training
- Weight Loss

- * **Ab Fab Instructor @ CJCC**
- * Strength / Cardio Conditioning
- * Diet Advice



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Personal Trainer Sara Brittan



Biography

Sara is a certified Personal Trainer through ISSA. She is currently working towards her certification in Exercise Therapy as well. Sara has been a part of the "fitness community" since she was a teenager. Because of her extensive background in fitness, she is able to design a program that is tailored to each individual's goals. Sara enjoys working with clients and helping them feel strong, look their best and have fun getting there.

Philosophy

"I think no matter what the situation, we can all benefit from exercise. Whether it be a simple walk or intense cardio, moving the body everyday will help improve a persons quality of life. I want to help each individual I have the pleasure of working with enjoy their day to day living."

Certifications

- Certified Personal Trainer (ISSA)
- CPR/ First Aid & AED Certified

Group X Classes: Sara teaches Be Fit at Charles Jordan Community Center. Check out our Group X schedule for more details.