Small Group Training

Meet the Coaches!
Jacob Bond

Jacob graduated last spring double majoring in HNFE and biochemistry. Before CrossFit, Jacob wrestled for 6 years and spent some time bodybuilding, powerlifting, and performing high-intensity interval training. When Jacob learned about CrossFit, he was very skeptical and it took him a while of cherry picking bits and pieces of the methodology to put into his routines before he went in all the way in. Once fully transitioned, he joined a box, fell in love, and soon began interning to become a coach. He has had his CF-L1 for going on four years and has loved every minute of applying fundamental CrossFit principles to every type of person, teaching them functional movements, and watching them reach their personal goals. He has taught CrossFit at various gyms and applies the best practices he’s seen over the years to his X-fit classes. Jacob thrives on making personal connections with his athletes. He wants to know all his athletes like the back of his hand so he can personalize the workout-of-the-day to their limitations, weaknesses, experience, and personal aims. He loves pushing his athletes having seen the ability of intensity layered over varied functional movements with a heavy emphasis on correct mechanics to create life-changing results. CrossFit is his tool, improving your fitness is his aim, life improvement is the outcome.
Erin is a senior studying HNFE with plans to go to Nursing school next year. She has been with Rec Sports since 2017, starting in personal training with an ACE certification. She is also the supervisor for our Exercise Is Medicine program, uniting Hokie Wellness and Rec Sports. Growing up, Erin played tennis and did gymnastics competitively. In high school, she began exploring every type of workout she could find and fell in love with each one of them. Upon coming to college, she still wanted to compete in a sport, but was no longer on an organized team- which led her to finding CrossFit! For over 4 years now she has been training in Olympic lifting, traditional strength training, and functional high intensity conditioning. Erin is beyond excited to bring her love for CrossFit close to home and help everyone become the best version of themselves!
Jordyn is a junior majoring in HNFE with a concentration in Dietetics. She is from the small town of Powhatan, Virginia and has always taken part in living an active lifestyle. With her background coming from numerous sports, she did gymnastics for the majority of her childhood and went on to cheer leading through high school and her freshman year of college. Weightlifting, however, has been a passion of hers for about six years now and enjoys training all muscle groups to stay well-rounded. Jordyn obtained her ACE Personal Training Certification in the summer of 2017, and has been training clients since the Fall semester of 2017. With this, she has been able to help many of her clients lose weight, gain muscle, and effectively learn the mechanics of weightlifting and how to program workouts. She is knowledgeable in the field of lifting and is very excited to share, teach, and encourage her participants to learn all things lifting and to have fun along the way!
Sara is a junior HNFE major from New Jersey. She is an ACE Certified Personal Trainer, ACE Certified Group Fitness Instructor, and an ACE Fitness Nutrition Specialist.

Sara works to individualize every workout to make exercise enjoyable and continuing healthy habits in life. She believes in balancing exercise, nutrition, and mindfulness into your daily life. Whether you’re new to the gym or a seasoned gym veteran, Sara would love to help you reach your goals! Sara is looking forward to her Women on Weights class this semester because empowered women, empower women! She enjoys weight lifting and cycling to stay in shape- any questions or simply to chat catch one of her cycle classes Mondays @ 5:30 in Spin City!
Ben Batman

Ben is a sophomore Clinical Neuroscience major from Monroe, Virginia. After graduating, he wants to join the Peace Corps and then attend medical school. Ben is a NCSF Certified Personal Trainer and TRX (Total Resistance Exercise Level 1 certified). Alongside personal training, he instructs a TRX class. This TRX small group class is a unique exercise class using TRX straps to hit your whole body in a variety of ways. TRX is extremely adaptable for all fitness levels from beginner to professional level athlete. Whether or not you are just a beginner or already fit, you will leave the class feeling sore!
Emma is a Ph.D. student in Civil Engineering and an ACE Certified Group Fitness Instructor.

Emma understands from personal experience that creating and maintaining fitness goals amidst the demands of college life is not easy. During her time as an undergraduate student, she lost sight of her own fitness goals until she discovered cycle classes. Through cycle, she realized how much fun it is to exercise in a group setting which inspired her to become an instructor. She is excited to coach Bike Bootcamp based on her experiences instructing both cycle and strength-based classes. As your coach, she will be dedicated to helping you reach your fitness goals and boosting your confidence in the gym. Her objectives through Bike Bootcamp are to provide you with individualized attention on the bike and to coach you through fresh and exciting ways to incorporate strength-training exercises into your workout routines. Outside of the gym, Emma enjoys staying active by walking her dog, paddleboarding on the lake, and biking to campus. Emma wants to meet YOU at Bike Bootcamp and eagerly welcomes both newcomers and seasoned gym-goers! Stop by one of her cycle classes on Monday at 4:15 pm in Spin City with any questions or to get a taste of her coaching style!
After years of playing competitive sports, Rachel discovered yoga in her hometown 2015 and immediately fell in love. Fueled by her passion for yoga and her desire to teach, she completed her 200 Hour Teacher Training at In Balance Yoga Studio here in Blacksburg and became a registered yoga teacher in 2017. With her background in athletics, her vinyasa roots, and her love for hot yoga, Rachel loves to teach a dynamic, vinyasa class that allows students of all levels to challenge themselves. Due to her competitive nature and background in athletics, her personal practice tends to be faster paced and very physical (and has lots of inversions). And because she is inspired by her personal practice when she teaches, her classes also tend to be fast paced and physical with lots of vinyasas (aka yoga push-ups). Her hope for the inversion yoga class is to teach a dynamic class that helps students improve both their overall yoga practice and also their inversion practice. And as an HNFE major, former athletic trainer, yoga teacher, and is often found in an inversion when she practices, she believes she will be able to safely help her students advance their practice.