Ben Batman

Ben is a senior majoring in Clinical Neuroscience and minoring in Chemistry. Fitness and a healthy lifestyle have been a staple of Ben’s life after he became tired of always being the weakest and slowest in his friend groups. Since then, he has always been passionate about fitness and embraces fitness holistically rather than as a separate part of life. Fitness and a healthy lifestyle impact all areas of life and improve the quality of his life. Ben is CPR/AED/First Aid certified and a certified Personal Trainer through the National Council of Strength and Fitness. He competed in track and cross country running for three years during high school and now focuses his time on mainly calisthenics with strength training. From weight loss to sports performance, helping others improve their quality of life through fitness and an active lifestyle is Ben’s goal through personal training.
Lisa Carome

Lisa is a senior double majoring in International Studies and Spanish. She is an ACE Certified Personal Trainer as well as an ACE Certified Group Exercise Instructor, and holds a current CPR/AED certification. Lisa grew up as a competitive swimmer but discovered a love for lifting weights the summer before college. Her passion for fitness and living a healthy lifestyle transformed into something she could use to help others when she became a Cycle Instructor last Spring. She also took the Personal Trainer/Exercise Leadership class through VT. Lisa mainly enjoys strength training and powerlifting as a member of the Strength Barbell Club at VT, but also loves circuit-style training and cycling. She will be able to help you reach a number of goals you may have such as weight loss, body recomposition, or strength-related goals. For Lisa, fitness is about becoming the most confident and strongest version of yourself, and she wants to empower others to feel the same way.
Emma is passionate about helping you maintain a healthy lifestyle. She is an ACE Certified Personal Trainer, ACE Certified Group Fitness Instructor, and ACE Fitness Nutrition Specialist. She is also a graduate student in Public Health and Civil Engineering. Emma’s favorite part about being a trainer is helping you find an exercise mode that you love and incorporating it into your personalized training program. She loves to help clients feel comfortable in the gym and achieve weight management goals, whether related to weight loss or muscle gain. Emma participated in gymnastics and competitive cheerleading growing up, but she struggled to maintain a healthy lifestyle in college until she discovered group fitness classes. Emma enjoys cycling, weightlifting, yoga, and all things outdoors. She would love to meet you and answer any questions you may have - catch Emma in Studio B after her cycle classes on Monday afternoon @ 12:15pm or Thursday morning @ 8:30am!
I'm a junior majoring in Industrial Design, minoring in Integrative Health and Wellness. In the Spring of my freshman year, I became First Aid/CPR/AED and LesMills BodyPump certified, and that subsequent summer, an ACE CPT. In high school, Nutrition and Fitness became an interest of mine, which sent me through “ups and downs” in strength, weight, and motivation to get where I am today. I love spending my free time educating myself on HNFE material so that I may apply that knowledge to my life and teach others as well! I enjoy weight training daily on a 4 day split, but also integrate yoga, hiking, camping, cycling, instructing group x classes, and more for variety. Any work done with the body is a science, and I hope to simplify and make clear your path to success! I’m most knowledgeable/skilled in muscle hypertrophy and endurance, strength, flexibility, weight management, powerlifting, and body recomposition. Even if your interests aren’t similar to what I’ve listed above, I hope to get to know you and goals so we can achieve them together! I love to learn, and I’ll take any chance I have to help others and expand my variety of training practices!
Caitlin Delaney

Caitlin is a senior majoring in Biology. She is an ACE certified personal trainer. Caitlin played many sports throughout high school, she stays active at Virginia Tech by playing on the Women’s Club Rugby team, and competing in strongman. Caitlin enjoys many types of exercise, with strength training being her personal favorite. She enjoys finding creative ways to challenge herself and her clients. Her main goal is to help others find ways to enjoy exercise. She believes that exercise can have benefits for all aspects of a person’s well-being. She has found friends, fun, and health through exercise and hopes to help others do the same.
Sara Gellert

I am a junior majoring in Biology with hopes of being a Physician Assistant in the future. I started my fitness journey playing soccer from my childhood to the collegiate level where I played D1 soccer at Rider University before transferring to Virginia Tech. After transferring, I knew I wanted to enhance my fitness career through various activities, not just one sport. I became extremely passionate about different modalities in fitness such as: lifting, swimming, running, cycling, and yoga! I even ran my first half marathon at VT! After broadening my fitness horizons, I wanted to help others find what they were passionate about in fitness so I became an ACE certified personal trainer! I am also certified in CPR/AED/First Aid. Fitness has helped me find friends, happiness, and confidence and I would love to help you experience the same!
Matthew Gelozin

Matthew is a senior HNFE major with a minor in business. He is from Midlothian, Virginia and enjoys all sports and is a lover of the outdoors. He has played football most of his life but has also wrestled, played lacrosse, and run track. He has suffered many sports related injuries giving himself much experience in rehabilitation. When he isn't training or studying he enjoys fishing or playing basketball. Matthew took the Personal Training/Exercise Leadership course at Virginia Tech in spring of 2019 where he obtained a CPR/AED certification as well as an ACE Personal Training certification. He enjoys all types of fitness and working with people of every ability. His favorite type of training is weight lifting and preparing athletes of all levels for performance. Matthew loves every form of training; whether you want to lose weight, gain muscle, or increase your sports performance, he will be a great asset in your development.
Margaret Hammel

Margaret is a junior majoring in HNFE and minoring in Leadership and Service. She is an ACE Certified Personal Trainer and has a CPR/AED and First Aid certification through the Red Cross. From a young age, Margaret has been very active in multiple sports including cross country, track and field, and lacrosse. She was inspired by her love of helping others and passion for health and fitness to become a personal trainer. As a member of Army ROTC here on campus, she is able to observe and implement the benefits of physical fitness in her everyday life, and is familiar with military standards and workout intensities. Whatever level of fitness you are, Margaret will help you to reach your goals in an encouraging and empowering way.
Tori Herman

Tori is a senior majoring in Human Nutrition, Foods, and Exercise with a minor in Spanish. She is an ACE certified personal trainer and is CPR/AED/First Aid certified through Red Cross. Tori grew up in a very active family and played sports throughout her childhood and high school including basketball, lacrosse, field hockey, tennis, and cross country. During her senior year of high school, she took a weight lifting class that sparked her interest in strength and HIIT training. She loves to explore new training styles and believes that fitness goals can be reached in many different ways. She is looking forward to helping others reach their personal fitness goals, whether it be losing weight, building strength, improving mobility, or increasing athletic performance! Tori hopes to help others find a healthy and balanced lifestyle that improves not only physical health, but mental health as well.
Jordyn Jarvis

Jordyn is a student in the Master of Science in Nutrition and Dietetics. She is from the small town of Powhatan, Virginia and has always took 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. She currently trains every day in weightlifting and throws yoga, pilates, hiking trips, and other activities into her workout plan to keep her body guessing and reach her goals one step at a time. She took the Personal Training/Exercise Leadership course here at Virginia Tech in the Spring of 2017 and obtained CPR/AED certification as well as her ACE Personal Trainer Certification the following summer. Jordyn enjoys working with people of all levels of fitness and specializes in strength training, hypertrophy, and weight loss. She feels confident that she can make a fitness plan personalized to your needs and wants whether it be to build muscle mass or to simply learn how to use the equipment in the gym. No matter your goals or requests, Jordyn believes she can help you achieve it and have fun on the way!
Blake Jenkins

Blake is a junior majoring in Human Nutrition, Foods, and Exercise with plans of attending physical therapy school upon graduation. He grew up in a very active family and competed in volleyball, baseball, and swimming throughout high school. Now he enjoys strength and weight training. In his free time he enjoys paddle sports, hiking, and cooking. Blake is also a Student Athletic Training Aide for the Virginia Tech Baseball Team. This gives him the unique experience of working with high performance athletes in both a rehabilitative and preventative setting. He is a certified Personal Trainer through the American Council on Exercise. He is very passionate about using exercise as medicine whether it be for long term health, weight management, functional training, or building muscle mass. As a hopeful future physical therapist, he is very keen on the idea of using strength training to prevent future injury. He has helped multiple friends in different stages of their fitness journey progress and wants to help you reach your goals whether it be just getting started or taking your training to the next level.
Amber Kohl

Amber is a senior majoring in Human Nutrition, Food, and Exercise specifically the dietetics program. She plans to pursue a career as a dietitian once she graduates. She is an ACE certified personal trainer, an ACE weight management specialist, and is CPR/AED/First-Aid certified through the Red Cross. She also works with VT athletics in their sports nutrition program. Amber danced competitively all throughout her pre-college years, but was introduced to weight lifting by her dad in high school who had a home gym. Ever since, her passion for health and fitness has only continued to grow. Amber believes that everybody and every body is different, and so their healthy lifestyle should be personalized to enhance each individual’s quality of life. She would love to work with you no matter what your goal is, and make it fun too!

Please contact amberk99@vt.edu with any questions you may have regarding the personal training program at VT Fitness!
Jarett Little

Jarett Little is a junior HNFE Major from Warrenton, Va. He is CPR/AED/First Aid certified through the American Red Cross and an ACE-certified Personal Trainer. Jarett has been very active all his life. His love for fitness and achieving goals was fostered while in high school, training for football and has been weightlifting and training people ever since. For the last year and a half, Jarett worked with a sports chiropractor where he gained extensive rehabilitation experience by training a variety of athletes and injuries. He assisted in the strengthening and conditioning of the injured players ranging from middle school students through college and Olympic athletes. Jarett’s goal is for you to adopt a healthier lifestyle and achieve your goals.
Jacob Morriss

Jacob is a senior from Richmond, Virginia, majoring in Physics. He is an ACE certified Personal Trainer who is CPR/AED/First Aid certified through the Red Cross. Jacob has always had a passion for having fun and bettering himself, and has continued to grow through his transition towards a physically active lifestyle. Throughout his journey he has developed valuable experience in weight loss, resistance training, strength training, hypertrophy, HIIT, and athletics, such as soccer, tennis, and boxing. His goal is to help clients of all ages and levels learn and improve as they reach their goals and show that they too can live a better and healthier lifestyle while having fun.
Nicky Pond

Nicky is a senior double majoring in Building Construction and Fashion Design. She is CPR/AED certified through the Red Cross and is a NASM certified personal trainer. Nicky adopted a healthy and active lifestyle at a young age, playing a variety of sports in high school including volleyball, cross country, track, weightlifting, and cheerleading. During her time at Virginia Tech, Nicky has focused on on her passion for weightlifting. As member of the Corps of Cadets, she also focuses on functional fitness and performance training. Whatever your goals are, Nicky is a dedicated trainer that would love to help make you stronger, healthier, and more confident.
Alan Raflo

Alan is a native of Loudoun County, Va. He graduated from Iowa State University in 1988 with a master’s degree in water resources, moved to Blacksburg in 1990, and has worked at the Virginia Water Resources Research Center since 1997. He earned the ACE Personal Trainer certificate in July 2019 and the ACE Group Fitness Instructor certificate in January 2019. He also has a Virginia secondary school teaching certificate in Biology and General Science. In recent years Alan has taken Virginia Tech courses in kinesiology, exercise physiology, human development, nutrition, and disabilities studies. Alan’s exercise activities include running, biking, hiking, jumping rope, rowing, and teaching water-exercise classes. His goal as a trainer is to help clients with mobility, balance, cardiovascular capacity, and strength needed for fitness, daily activities, and exercise goals, with a particular interest in helping clients who are new (or returning) to exercise, have a disability, or have some other specific physical challenge.
Corinne Settelen

Corinne is a senior Human Nutrition, Foods, and Exercise major, studying to become a Registered Dietitian. She is passionate about health and wellness, and wants to combine fitness and nutrition to create healthier communities and to help people improve their overall wellness and happiness. Corinne is CPR/AED/First Aid certified through the American Red Cross, as well as a certified ACE Personal Trainer and Les Mills BodyPump Instructor. Along with personal training, she also works for Rec Sports as a Group Fitness Instructor and a Health Coach.

Corinne is from Virginia Beach, where she was introduced to weight lifting by her dad in high school. As a freshman in college, she used group fitness as an outlet from school, and fell in love with making and teaching workouts. When she was at home during the COVID-19 outbreak, she was able to build her skills in making at-home, bodyweight workouts for online training. She enjoys finding creative ways to challenge herself and her clients. She focuses her training on general strength exercise, HIIT and circuit workouts, and functional performance. No matter your goals, Corinne is excited to help you reach them!
Cameron Sims

Cameron is a senior majoring in Human Nutrition, Foods, and Exercise, more specifically the SFNE option. He is a certified Personal Trainer through the American Council on Exercise and is CPR/AED/First Aid certified through Red Cross. He has been strength training for several years and competes in Olympic Weightlifting; most recently this past July. He hopes to continue to compete at a higher level and learn more about the sport as he progresses, with plans of attaining his USAW L1 Certification within the next year. He is interested in other strength sports as well.

Strength training is the area where he is most knowledgeable, although he enjoys working with all types of clients. Cameron is constantly learning new methods of exercise to implement into his own training and to help others. He understands the importance of flexibility, mobility, and recovery as useful tools to improve one’s fitness. He believes that it is important to find a form of exercise which you enjoy and can stick with long term. Whatever your goals may be, Cameron is dedicated in helping you become a better version of yourself.
Sadie is a senior History major from Pennsylvania, studying to teach elementary education. She is a member of the Virginia Tech Women’s Rugby team, which drives her passion for health and fitness and sparked her interest in personal training. Sadie is an ACE Certified Personal Trainer and is CPR/AED/First-Aid Certified. She grew up playing soccer and running track, and more recently got into weight lifting. In her free time, she enjoys strength training, running, hiking, and cooking. Sadie is eager to help people of all fitness levels achieve their health and fitness goals.
I am a Sophomore majoring in HNFE hoping to pursue a career in Physical Therapy. I am an ACE Certified Personal Trainer and certified in CPR/AED. I was a competitive gymnast for 15 years so being active has been the center of my entire life. I am fortunate enough to continue my love for gymnastics by coaching back home. I enjoy nearly every type of physical activity from running, strength, bootcamp, and flexibility. When not working out, I enjoy photography, cooking, spending time with my friends, and sharing my love for physical activity and healthy eating.
Julia Whaley

My name is Julia, and my aim as your personal trainer is to help you achieve your fitness goals. I am a junior studying to become a registered dietitian in the Human Nutrition, Foods, and Exercise major. I am a NASM certified personal trainer, and CPR/AED/First-Aid certified through the American Red Cross. My passion for fitness began through my love of sports and continued to grow when my dad introduced me to weight lifting when I was in middle school. I have been hooked ever since. I focus my training on general strength exercises, HIIT and circuit workouts, and functional performance, but would love to work with you no matter your goals.

As a personal trainer, I want to share my enthusiasm, encourage you, and show you how strong and capable you are. I want my clients to find enjoyment and confidence in exercise and make it apart of their lifestyle.