

Boar's Head Resort

♥ FITNESS PROFESSIONAL STAFF ♥



Rob Vorhees, Head Personal Trainer M.Ed., C.S.C.S.

Rob is a personal trainer and exercise physiologist. His area of expertise is identifying and addressing muscular imbalances. He received his bachelor's degree from the College of William and Mary in kinesiology where he was the assistant to the head strength and conditioning coach. He completed his master's degree in exercise physiology at the University of Virginia. Rob is a certified strength and conditioning specialist with extensive experience in strength conditioning for athletes of all ages, pre and post physical rehabilitation, and adult fitness. He enjoys spending time with his family, hiking, biking, and shooting sports.



Phyllis Ellerman, M.Ed., C.S.C.S.

Phyllis is an exercise physiologist, personal trainer, STOTT* Pilates and Total Barre Instructor. She received her master's degree in Exercise Physiology from UVA. With over 25 years of experience in the fitness industry, her areas of expertise are postural assessments, muscular imbalances, athletic injuries, adult fitness, Pilates, injury prevention and post-rehab. Phyllis is a certified strength and conditioning specialist through the National Strength and Conditioning Association (NSCA) and an American Red Cross Instructor. She's a trained kettlebells, cycle, Zenga, Yoga Fit, and exercise class instructor. Phyllis has worked with all ages from 6-95 years old and she is genuinely enthusiastic to help you achieve whatever your fitness goals may be!

THE SPORTS CLUB

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Amanda Saccone, Fitness Director & Personal Trainer

Amanda Saccone started in the Fitness industry in 2010 as a Personal Trainer and Group Exercise Instructor. She received her master's degree in Kinesiology with a concentration in Campus Recreation and Student Development in 2016 from James Madison University. Although Amanda loves working with all clients and fitness levels, she specializes in TRX, BOSU and High Intensity Interval Training.



Dave "Coach K" Kamienski, Personal Trainer

After 20 years in the corporate world (Information Technology field), Dave took leave to further develop his passion for fitness, health, and coaching into a second career. As a Certified Personal Trainer, Dave focuses on providing high-impact fitness coaching for performance fitness and readiness training required by sports, physically demanding occupations & events, and seasonal recreational activities. His methodology delivers highly effective and time efficient training programs to busy adults and student athletes via High Intensity Training (HIIT) and Functional Fitness. Variety, aggressive yet safe progressions, and competition oriented workouts keep clients, small groups and teams engaged and continually challenge their abilities.



Jennifer Kelly, Personal Trainer & Alexander Technique Instructor

Jennifer Kelly is a movement educator with a BA in Dance from James Madison University, a 1600 hour AmSAT certification in the Alexander Technique, a personal training certification from NASM. She is a Senior Fitness Specialist from the American Council on Exercise. Jennifer specializes in working on posture, balance as well as strength training and overall coordination. She offers one on one Alexander lessons as well as personal training sessions.

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Emily Anne Graham, M.A., ACE Personal Trainer, ACE Health Coach, TRX Certified Trainer

Emily Anne has worked in the fitness industry since graduating from James Madison University in 2010 with her bachelors degree in dietetics. She obtained her masters degree in Counseling from Liberty University. As an American Council on Exercise Certified Personal Trainer, an American Council on Exercise Certified Health Coach, and a TRX Certified Trainer, her passion lies in empowering clients from all walks of life to discover their own version of health and happiness. She enjoys incorporating mobility and stability into functional training; from high intensity workouts to foam rolling recovery. In her free time, Emily Anne loves spending time with her family, especially outdoors!



Krista McCormick, Certified ACSM Personal Trainer

In addition to being a certified ACSM Personal Trainer, Krista is also a certified CKC Trainer who focuses on pre-rehabilitation and rehabilitation exercises. This training system uses functional organic movements for the purpose of strengthening muscles. She received her bachelors of science degree in Sport Management from Liberty University. Krista teaches group exercise classes in addition to one-on-one training. Her primary focus is in strength and stability training as well as the rehabilitation training. Fitness is her passion, and she genuinely enjoys sharing her admiration of exercise with others!