

Wildwood Family YMCA: Meet Our Personal Trainers



Jon-Michael Gavosto

Jon-Michael is a certified personal trainer and NPTI-certified nutritional consultant with 300 hours of nutrition theory, anatomy and physiology. He's experienced in practical fitness assessments, program design and lifting techniques. Jon-Michael works with all ages and abilities.



Linda Hirssig

Linda provides a very positive and comfortable atmosphere. She has a fitness degree, a national NSCA PT certification and more than 12 years of experience. She adds variety to exercise routines to help motivate and excite individuals. Join her for a rewarding exercise experience.



Lynn Kelly

Lynn has always been an avid believer in physical fitness. A former competitive swimmer and triathlete, she believes in making fitness a priority in her lifestyle and loves to help others do the same. Lynn is an ACE-certified personal trainer.



Mary Marshall

An AFAA certified personal trainer, Mary has an extensive fitness background. She has the motivation and knowledge to help you reach your fitness goals in a fun and effective manner. Mary looks forward to working with each new client.



Sharon Streckfus

Sharon's passions – fitness and education – combine well for giving guidance to clients. And even people unfamiliar with a gym setting are drawn to her positive energy. Her motto is “never stop challenging yourself.” She is an AFAA certified personal trainer.



Chris Ridgley

Chris has been a certified trainer since 2000. She has trained a wide range of clients, always concentrating on their goals. Her philosophy is to train properly from the start to eliminate wasted energy and to maximize results.



Pete Trapani

Certified through NSCA, Pete is a former U.S. Army athlete, All Natural Body Builder and lacrosse coach. He plays sports and does triathlons and yoga. Pete works with all fitness levels - triathlon trainees, moms, older adults, athletes and those who want to get in shape. Carpe diem.