

# 2018 MFES PEER FITNESS TRAINERS (PFTs) TEAM



The following Peer Fitness Trainers are qualified to provide support to all MFES personnel in the areas of lifestyle, wellness and personal fitness. They are certified by the American Council of Exercise.

## **A SHIFT**

Craig Ross	107 (Shift Coordinator)
Adam Nelson	107
Ali Noble	108
Matt Winter	111

## **B SHIFT**

Lars Bredahl	115 (Shift Coordinator)
Mark Arnold	105
Ryan Coburn	110
Simon Dickinson	107
Rob Sheedy	102

## **C SHIFT**

Alex Possamai	109 (Shift Coordinator)
Steve Giancola	109
Vanessa Gilbert	101
Scott Radford	105

## **D SHIFT**

Mike Verdiel	101 (Shift Coordinator)
Ryan Armitage	116
Brodie Grant	106
Sean McCullough	105

## **COMMUNICATIONS**

Colleen Connor

## **TRAINING**

Adam Polsinelli

