

Quentin Hawkins

Position: Health & Fitness Coordinator

Hometown: Brooklyn, NY

Certifications/Education:

- NFPT Personal Trainer & Group Exercise Instructor
- CPR/AED
- US Military

Fitness/Wellness

Background & Specialties:

- Over 20 years experience of strength and endurance training with clients of all levels
- Played high school football
- Amateur Boxer
- US Army boot camp/ HIIT Instructor

Favorite Fitness Tip: Don't think of exercise as punishment but more like a reward for your body and mental health.

Favorite Exercise: Push Ups

Favorite Food: Anything Seafood!



Jose Seminario

Position: Health & Fitness Coordinator

Hometown: Lima, Peru

Certifications/Education:

- NSCA Certified Strength & Conditioning Specialist (C.S.C.S.)
- NSCA Certified Personal Trainer
- CPR/AED



Fitness/Wellness Background

& Specialties:

- 20 years of my own gym experience
- Over 12 years of experience training clients in corporate and commercial facilities.
- Competed in track & field and soccer.
- Specialties in: Strength training, body recomposition and performance training.

Favorite Fitness Tip: Fitness is a lifestyle with no finish line

Favorite Exercises: Pull-ups & Dips

Favorite Food: Scrambled Eggs and Bacon!

Elliza Beltran

Position: Health & Fitness Specialist

Hometown: Miami, FL

Certifications/Education:

- Bachelor of Science in Kinesiology
- NASM Personal Trainer
- CPR/AED

Fitness/Wellness Background

& Specialties:

- 4 years of my own gym experience
- 2 years of training clients, teaching group exercise, and small group training
- Competed in USAPL Powerlifting
- Specialties in: Strength training, weight gain, weight loss, & muscle growth (hypertrophy)

Favorite Fitness Tip: Consistency, Patience & Discipline is how you will see results. Take things one day at a time. Comparison is the thief of joy.

Favorite Exercise: Bench Press & Pendulum Squat

Favorite Food: Sushi & Wings



Keshia Laurent

Position: Health & Fitness Specialist

Hometown: Miami, Florida

Certifications/Education:

- Bachelor of Science Physical Education Sport & Fitness
- CPR/AED



Fitness/Wellness Background & Specialties:

- Worked at Spartan Gym
- Track & Field Athlete 400 meters & 800 meters
- Track & Field Coach
- Cross Country Coach
- Specialties in strength conditioning, weight gain, & weight loss

Favorite Quotes:

Health is Wealth

We all have 24hrs, use it wisely!

Never give up!

Favorite Exercises: Deadlifts & Pushups

Favorite Food: Legume & Soup Jomou