

Meet Mixson Club Personal Trainers!

Laurie Henderson

ACSM Certified Personal Trainer, Owner Fly Dog Fitness LLC

Laurie Henderson has 12 years' experience in coaching sports, personal and group training. She specializes in HIIT (High Intensity Interval Training), Strength Training and Sport Specific Agility Training (Kids). Laurie is available for small group training outdoors or individual training outdoors or inside wellness room. Ask about virtual options, too!

Christine Stone

RYT-200 - trained in mindful and alignment based vinyasa & power flow. Additional certifications & training w/Doug Swenson, Off the Mat & Yoga Thai Body work

Christine Stone has 15 years' experience teaching in the fitness industry. She specializes in Vinyasa yoga, Meditation & mindfulness, strength and core training in both group setting and one-on-one private sessions. Her style of teaching includes playful & challenging practices with strong focus on alignment, breath, and personal empowerment. Christine is only available for virtual sessions currently.

LK Whitney

RYT-200, Trained in Mindful Vinyasa

LK Whitney teaches private individual sessions or group classes that incorporate challenging (and fun!) sequences. She ignites the spirit and inspires joy in the heart, with an emphasis on breath + body connection, ensuring all levels can enjoy and benefit from their own individual yoga practice.

Joseph Vinciguerra

200-Hour Certified Yoga, Licensed Broga Yoga Instructor, Certified Kids Yoga Instructor (Kidding Around Yoga), Wim Hoff Method Breathing, Indoor Spin Instructor

Joseph Vinciguerra is a teacher with over six years of teaching experience. He is a licensed Broga Yoga Instructor, a practice that is geared towards strength building and yoga stretching aimed at bringing more men into the practice. Joe is also a certified kids yoga instructor through Kidding Around Yoga. Joe is passionate about the importance of breath work and has completed the fundamentals of the Wim Hoff Method. He enjoys teaching students of all levels, whether you are looking to begin yoga for the first time, or deepen your existing personal practice, Joe can meet you where you are and help you achieve your health and wellness goals.

