

Core Fitness Personal Trainers

Lorie Blythe, RN, MSN, CNS, NASM C-PT / CPR-AED Certified / Certified Weight Loss Specialist
317.501.2298

Personal Bio: I am a nurse of 20+ years specializing my advance training in weight management. After spending 18 years in the hospital I decided to continue my passion by helping people stay healthy and out of the hospital rather than in the hospital. Exercise and nutrition is not only what I preach but also what I practice daily. I understand the struggles many have with weight and I know how to help.

Services: Personal Training, Small Group Training (2-4 people), Weight Loss Coaching

Available by appointment only:

Monday – Saturday / Flexible Time Schedule

\$40/session (45-60 minutes)

\$350/10 sessions, \$600/20 sessions

Groups are discounted. / Senior discount is offered.

Mike Elsea, Super Slow Exercise / NFPT / Certified Nutritionist / CPR-AED Certified

317.374.2888 / mikeelsea@yahoo.com

Personal Bio: I have a B.S. in Biology and three certifications. I have been training for 15 years. I have been featured on Fox 59 News and Indianapolis Monthly Magazine.

Services: Personal training, group training, nutrition consulting, meal plans....Every service is tailored to each individual's needs / goals!

Available by appointment only: Monday 11 am-8:30 pm, Tuesday 5:30 am-8 pm, Wednesday 5:30 am-5:30 pm, Thursday 5:30 am-8:30 pm, Friday and Saturday vary.

\$30/session (30 minutes)

\$360/12 sessions, \$600/24 sessions, \$1000/50 sessions

Kettle Bell Group Training: \$60/4 sessions, \$96/8 sessions

Luci McDuffee, NASM / CPR-AED Certified

317.778.0753 / lumamac13@gmail.com

Personal Bio: I started my personal weight-loss journey in 2015 and fell in love with the process– so much that I obtained my personal training certification so I can teach others how to love their bodies throughout all steps of their fitness journey. I enjoy working with clients on improving their overall health and quality of life! I am currently undergoing prep for bodybuilding competitions.

Services: Personal Training, Weight Loss, Nutritional Guidance

Available by appointment only: Monday-Saturday (Some Sundays) open to close

Single Sessions: 30min- \$20 / 45min - \$30 / 60min - \$40

Session packages are available upon request (5% off single session price)

Monthly/Accountability packages are available upon request (10% off single session price)



Core Fitness Personal Trainers

Derek DeVaughan – DeVaughan Strong Training Systems / NESTA / CPR-AED Certified
765.341.9070 / ddevaughan@netscape.net

Personal Bio: Derek resides in Mooresville with his wife Heather and 3 children. He graduated from Southwestern Oklahoma State University. Throughout college Derek played baseball for Seminole State College, University of Florida and SWOSU in which he was drafted by the Toronto Blue Jays in the 1997 Major League baseball draft. Derek has been a professional strongman since 2012 and competed in the World's Strongest Man competition in 2016 & 2017.

Services: Personal training, small group training, athletic and sports performance training for youth and adults and nutrition advice / meal planning.

Available by appointment only: Monday-Friday 8 am-5 pm

\$40/session (45 minutes)

\$350/10 sessions

Group Training (2 people or more) \$30 per person/session, \$250 / 10 sessions

Chandler Gunnell – DeVaughan Strong Training Systems / NFPT / CPR-AED Certified
317.374.6972 / chandlergunnell1@icloud.com

Personal Bio: Chandler graduated from the University of Indianapolis in 2015. He has competed in multiple powerlifting competitions and has a wealth of knowledge in Personal Training, Powerlifting, Sports-Specific Training and writing workout programs. Chandler specializes in small group training for youth and adult development and confidence building.

Available by appointment only: Mon 5:15pm-8pm, Tue 8am-8pm, Wed 5:15pm-8pm,
Thurs 5:15-8pm, Sat 10am-1pm

\$40/session (45 minutes)

\$350/10 sessions

Group Training (2 people or more) \$30 per person/session, \$250 / 10 sessions

Dee Gibson – DeVaughan Strong Training Systems / NESTA / CPR-AED Certified
317.201.1660 / deedeavaughanstrong@gmail.com

Personal Bio: Dee has dedicated the last 10 years to reaching her own fitness goals such as weight loss, body composition improvement, building muscle and gaining strength. She competed in strongman for 6 years taking it to the national level. With the knowledge and understanding of many different styles of training, Dee is ready to help you reach your goals.

Available by appointment only Monday-Friday 8:45am-12pm and 2:30pm-5:30pm,
Saturdays 7:00am-5:00pm

All appointments are 45 minutes

\$40/session (45 minutes)

\$350/10 sessions

Group Training (2 people or more) \$30 per person/session, \$250 / 10 sessions

