Staff Bio:

**F45 Trainers**

Anna Conner is a Junior Psychology- PT Major from Cypress, Texas. She teaches F45 in our program and loves the quote “There is still a lot to learn and there is always great stuff out there.

Brittany Adams is a Senior Health, Kinesiology & Leisure studies major from Nolanville, Texas. She teaches yoga and F45 in our program and loves the quote “Optimism is the faith that leads to achievement.”

Erik Carrera is from New Orleans, LA and is currently a Junior Mechanical Engineering Major. He teaches F45 and MMA for our program and truly believes “Pain is weakness leaving the body!”

Essy Savannah-Hallaway is a Senior earning her degree in Health Science Studies with a minor in Business Administration from Temple, Texas. She is an F45 trainer as well as a Personal Trainer and loves the quote “You won’t always be motivated you have to learn to be disciplined!”

Grant Schutte is from Denver, Colorado. He is currently a Senior studying Biology—Pre-Med. He teaches F45 for us and lives by the quote “You will puke before you pass out, pass out before you die, and if you die, we’ll name a building after you”.

Haris Siddiq is a Freshman International Studies/Political Science major from Waco, Texas. He teaches F45 and loves the quote “If your mind can conceive it, and my heart can believe it, then I can achieve it!”
Karolina Alvarez is a Senior Mathematics major from Manchester, New Hampshire. She teaches F45 for our program and loves the quote “Great moments are born from great opportunity”.

Katelyn Jordan is from Katy, Texas. She is currently in her 2nd year of her Master of Science program in Exercise Physiology here at Baylor. She is an F45 trainer, OSOfit instructor, and currently is serving as one of the Wellness Graduate Assistants. A quote she lives by is, “But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.” -Isaiah 40:31

Kris Terry is a Sophomore Political Science major from Irving, Texas. He teaches F45 for our program and believes you should “Be the person you want to meet!”

Madison Nam is a Junior Finance & Accounting major from Gaithersburg, Maryland. She teaches F45 in our program and loves the quote “No amount of security is worth the suffering of a mediocre life chained to a routine that has killed your dreams.”

Mandi Lee is a Sophomore Nutrition major from Katy, Texas. She teaches F45 for our program and loves the quote “No matter how difficult the challenge is, when we spread our wings with faith and allow the winds of God’s spirit to lift us, not obstacle is too great to overcome.”
Sam Torres is a Junior Accounting & Management major from Katy, Texas. She teaches F45 and likes everyone to “remember why you started!”

Sammi Baez is a Junior Neuroscience major from Atlanta, Georgia. She is one of our F45 instructors and she loves the quote “Mens Sana in corpore sano - A healthy mind in a healthy body.”

Tai Brown is from Inglewood, CA. He graduated from Michigan State University in 2001 with a degree in Finance and Telecommunications, then earned his Master’s in Sports Management here at Baylor in 2004. He is an F45 instructor and loves to instill in his members “Don’t try to be perfect, just try to be great!”

**GROUPX**

Allie Herbert is a Senior Health Science Studies major with a minor in Business Administration from Houston, Texas. She is one of our Yoga instructors, as well as our Barre instructor. She loves to encourage her classes by saying “you can do anything for 10 seconds!”
Annalise Franchina is a Senior majoring in Mechanical Engineering and French from Charlotte, NC. She teaches Bear Cycle and loves the quote “sometimes you just have to put on some lip gloss and pretend to be psyched!”

Beth Williams is from Waco, Texas. She graduated from the University of Texas at Austin and is currently one of our amazing Bear Cycle instructors. She loves the quote “Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as you ever can.”

Bonnie Finch is from Abilene, Texas. She graduated from ACU in 2016 with a degree in Nutrition. She teaches yoga for our program and loves the quote “Happiness is what you think, what you say, and what you do are in harmony.”

Courtney Williams is a Sophomore Pre-Med Neuroscience major from Lake Jackson, Texas. She teaches Bear Cycle for us and loves to encourage his class by saying “Take a breath and get it done!”
Kelsey Stevens is from Irvine, California. She is currently in her 1st year of her Masters of Public Health here at Baylor and is serving as a Baylor Wellness Graduate Assistant. She teaches yoga and loves the Man In The Arena speech by Theodore Roosevelt.

Kim Stuebben is a Graduate of Truett Seminary, with an MDiv in Spiritual Formation and Discipleship from Red Oak, Texas. She teaches Yoga for our program and loves the quote “Practice and all is coming.”

Kylie Smith is a Junior University Scholar from Dallas, Texas. She teaches MMA for us and believes “failure is an event, not a person.”

Leah Goehring is from Austin, Texas. She is a Senior Biology—Pre-Med Major. She teaches yoga for us and believes “if you were born with the weakness to fall, you were born with the strength to rise.”

Rebecca Herrera is a Junior Pre-Med Neuroscience major from Murrieta, California. She is one of our Bear Cycle instructors and her favorite piece of scripture is Isaiah 40:31 “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; They will run and not grow weary, they will walk and not be faint.”
Samantha Weare is a Senior majoring in both Professional Selling and Spanish from Benbrook, Texas. She is a boxing instructor in our program and loves the quote, “Until you’re ready to look foolish, you never have the possibility of being great.”

Vanessa Bryce is a Freshman Pre-Business major from Houston, Texas. She is one of our boxing instructors & loves the quote “be still my soul.”

Viviana Gonzales is from San Juan, Puerto Rico. She is a senior biology major—Pre-Health and currently teaches yoga in our program. She loves the quote “A ship in harbor is safe, but that is not what ships are built for”.

**NUTRITION EDUCATION**

Emily Boone is from Sierra Vista, AZ. She is a senior Nutrition Sciences major and currently serves as one of our nutrition educators. She believes that “there is no obstacle that true grit and amazing grace cannot overcome”.

Jordan Meyer is a Junior Nutrition Sciences major from Houston, Texas. She is one of our Nutrition Educators and loves the quote “Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there’, and it will move. Nothing will be impossible for you.”- Matthew 17:20.
Peyton Cain is a Senior Nutrition Sciences major from Overland Park, KS. She is a Nutrition Educator and loves the quote “Every accomplishment starts with the decision to try”

**PERSONAL TRAINERS**

Abby Davis is a Junior Exercise Physiology major from Andover, KS. She is a personal trainer for our department and loves the quote “Do something today that your future self will thank you for”

Caleb Terrell is from Grapevine, Texas. He currently is a senior Business Finance major. He currently works as a Personal Trainer and OSOFit instructor for our program. He truly thinks “you are your only limitation”.

Roisin Lyons is from Coronado, CA. She is currently a Junior Exercise Physiology major also pursuing a minor in Nutrition Sciences. She serves our program as a Personal Trainer and believes “What doesn’t challenge you, won’t change you.”

**Assistant Director of Wellness**

Van davis is from Chanthaburi, Thailand. She is currently serving her 20th year here at Baylor as the Assistant Director of Wellness. Her favorite quote is “I can do all things through Christ that strengthens me.” Philippians 4:13