

PEYTON MARSHALL

SPECIALIZATION: STRENGTH TRAINING AND WEIGHT LOSS

CLASS OF 2027

MAJOR: KINESIOLOGY

HOMETOWN: CHARLOTTESVILLE, VA



“I BECAME A PERSONAL TRAINER TO HELP SPREAD THE KNOWLEDGE OF STRENGTH TRAINING AND HELP EVERYONE BE THE BEST VERSION OF THEMSELVES.”

PERSONAL TRAINER STAFF 2025

BE ACTIVE
BELONGWOOD
CAMPUS REC

DAVID LOW

SPECIALIZATION: MUSCLE GAIN AND STRENGTH TRAINING

CLASS OF 2027

MAJOR: KINESIOLOGY

HOMETOWN: WARRENTON, VA



“I BECAME A PERSONAL TRAINER BECAUSE HELPING PEOPLE IMPROVE THEIR QUALITY OF LIFE THROUGH PHYSICAL ACTIVITY IS MY PASSION. THE GYM HAS HELPED ME GROW SO MUCH AS A PERSON AND I WANT TO HELP OTHERS ACHIEVE THE SAME.”

PERSONAL TRAINER STAFF 2025

BE ACTIVE
BELONGWOOD
CAMPUS REC

ELIZAVETA GNILOZUBOVA

**SPECIALIZATION: WEIGHT LOSS, STRENGTH AND
CONDITIONING, TENNIS TRAINING, AND CARDIO**

CLASS OF 2026

MAJOR: FINANCE

HOMETOWN: ASTANA, KAZAKHSTAN



"I AM A PROFESSIONAL TENNIS PLAYER AND HAVE BEEN IN SPORTS SINCE I WAS 3 YEARS OLD. TENNIS IS MY PASSION AND I PLAN TO COACH IN THE FUTURE SO I DECIDED TO BECOME A PERSONAL TRAINER TO SHARE MY KNOWLEDGE IN EXERCISE AND SPORT WITH OTHERS WHILE GROWING IN THE FIELD MYSELF."

PERSONAL TRAINER STAFF 2025

BE ACTIVE
BELONGWOOD
CAMPUS REC

MASON BALSIS

• **SPECIALIZATION: WEIGHT LOSS AND STRENGTH TRAINING**

CLASS OF 2025

MAJOR: KINESIOLOGY

HOMETOWN: BRISTOW, VA



"I BECAME A PERSONAL TRAINER BECAUSE I WANT TO HELP PEOPLE REACH THEIR FITNESS GOALS AND ENJOY COMING TO THE GYM."

PERSONAL TRAINER STAFF 2025

BE ACTIVE
BELONGWOOD
CAMPUS REC

CARRINGTON NOBLE

SPECIALIZATION: STRENGTH TRAINING AND SENIOR FITNESS

CLASS OF 2025

MAJOR: KINESIOLOGY

MINOR: PSYCHOLOGY AND NEUROROLOGY

HOMETOWN: APPOMATTOX, VA



"I BECAME A PERSONAL TRAINER BECAUSE I WANTED TO PROMOTE HOLISTIC HEALTH AND WELLBEING, IN A MOTIVATING AND INDIVIDUALIZED APPROACH. WORKING WITH CLIENTS 1 ON 1 ALLOWS ME TO PERSONALLY GET TO KNOW MY CLIENTS, THEIR GOALS AND WATCH THEM SUCCEED ALONG THE WAY. NOT ONLY AM I ALWAYS LEARNING, BUT I GET TO WATCH MY CLIENT BECOME A BETTER VERSION OF THEMSELVES."

PERSONAL TRAINER STAFF 2025

BELONGWOOD

BE ACTIVE
CAMPUS REC