Personal Training or Private Yoga services are offered for the campus community at Carnegie Mellon University. All of our trainers are nationally certified.

You can purchase FitBucks for your personal training package at the Cohon Center Equipment Desk or Fitness Desk. Credit cards only.

$35 Dollars 1 personal training session

Meet the Trainers: Kristy Beswick, Alex Brooks, Chelsea Cavlovic, Nate Frezzell, Randy George and Molly Goldcamp, Tammy Moran, Shani Rosenthal and Moshe Wolf

Fill out

- Personal Training Inquiry Form
- Personal Training PAR-Q form

Submit to the Cohon Center Fitness or Equipment Desk

Schedule an appointment online at http://cmufitness.appointy.com/ or contact Pattye Stragar pls@andrew.cmu.edu

(412) 268-1235

Aerobics & Fitness Association of America

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Get more information on the Web:

- Athletics
- Recreational Programs
- Fitness
- Personal Training

http://athletics.cmu.edu/fitness/personaltraining
Kristy Beswick

Kristy has been teaching group fitness and indoor cycling as well as personal training since 2010. Kristy has a B.S. and M.S. in Exercise Physiology from Slippery Rock University and the University of Pittsburgh, respectively. Since 2014 she has also been health coaching truck and bus drivers for a company called Rolling Strong. Helping others achieve their health and fitness goals has been the most rewarding way that she has used her knowledge and skills. She believes that keeping the mind and body fit and healthy will lead to self fulfillment and happiness.

One of her strengths as a fitness instructor is that she can keep a session light and fun while also kicking your butt and making you sweat. After all, STRONG is the new SEXY! She is thrilled to be working at CMU as a fitness instructor and personal trainer.

Alex Brooks

Alex is an undergraduate in Dietrich College who hopes to pursue a career in holistic healing. He was introduced to holistic approaches to health by his family, who maintained balanced practices of exercise, nutrition, and mindfulness. After experiencing the benefits of growing up in this environment, it is his mission to continue and expand this approach to better the physical, psychological, and spiritual lives of his clients. His passions are long-distance running, weightlifting, and training for sport, but he is currently expanding his expertise by studying mindfulness, unconventional training, and various ancient medicine practices. Alex hopes to work with you to build sustainable health practices that bring your mind, body, and spirit into healthy harmony.

Molly Goldcamp

Molly Goldcamp

I am currently a certified personal trainer through the ACSM, group exercise certification and total body conditioning through NETA. I am also certified through Beachbody in TurboKickboxing. I earned my B.S. degree from Pennsylvania State University and my M.S. degree in Sports Management from California University of Pennsylvania. My strongest passion has always been health and wellness. I am a coach to student-athletes and encourage all people to incorporate movement and activity into their daily lives. My enthusiasm for activity and physical fitness gave me the willingness and desire to learn all there is about exercise, which spills into my motivation to push the participants to their limits—while still having fun!

Randy George

Randy is a personal trainer certified through the National Personal Training Institute. He received his Master’s degree in exercise science from the California University of Pennsylvania and is a Performance Enhancement Specialist from NASM. He is also certified from the National Association of Speed and Explosion as a certified speed and the University of Pittsburgh, respectively. Since 2014 she has been health coaching truck and bus drivers for a company called Rolling Strong. Helping others achieve their health and fitness goals has been the most rewarding way that she has used her knowledge and skills. She believes that keeping the mind and body fit and healthy will lead to self fulfillment and happiness.

Chelsea Cavlovic

I am a National Academy of Sports Medicine (NASM) Certified Personal Trainer, NASM Women’s Fitness Specialist and an American Council on Exercise (ACE) Certified Group Fitness Instructor. I also have education in Agility and Mind training, High Intensity Interval Training and Nutrient Timing. I have worked with a wide variety of populations with many different goals including weight loss, strength and conditioning, endurance training and injury prevention. I love working with people to help them establish and meet their goals. I believe the best workout program is one that you enjoy doing. We will work hard and we will have fun doing it!

Shani Rosenthal

Shani is an undergraduate studying Mechanical Engineering. While playing varsity basketball in high school, she was introduced to weight lifting, and since then has continued fitness as a passion and hobby. At CMU, Shani captains the Women’s Club Ultimate Frisbee team. She is so excited to be a personal trainer at Carnegie Mellon!

Moshe Wolf

Moe is a National Strength and Conditioning Association (NSCA) Certified Personal Trainer. He is currently a student working on getting his Master’s in Health Care Policy and Management. He has been enthusiastic about fitness for over a decade and specializes in strength, muscle gain, and fat loss. He is enthusiastic to teach others as much about fitness as possible and help his clients discover what exercise techniques fit their needs best. In his free time, he enjoys baking and reading about the newest research on fitness.