



What our clients love about **Dina Saitis**



I used to stand outside the door and just admire this class in the group fitness studio. I was totally intimidated by the fitness level of what went on in there. Then, I got invited in by a friend. I was terrified. I had never actually met Dina. She welcomed me to my free class. It was intense and I hardly made it through but, what I loved the most was how different it was once I came inside. The positive vibes, the smiles, the cheers, the motivation to do your best. Not only by Dina but by everyone. The workouts Dina brings are honestly awesome. She is a fantastic trainer and understands how to help everyone in the room at all fitness levels. Her workouts are never boring, she always brings a challenge and a smile. I'm am honored to be able to workout under someone who understands fitness the way she does. I was also introduced to method testing by Dina. This has really helped me to understand my target heart rate zones to get the most of my workouts and reach my personal goals. I am currently down in weight and body fat. I could not have done it with out Dina.

— *Bonnie Principe*

As someone who has evaluated teachers for over 30 years, I knew immediately that Dina was an outstanding instructor. From the onset, I was impressed with Dina's knowledge of her clients. She is able to individualize instruction in a class of twenty. She communicates high expectations so her clients push themselves to please her. Additionally, she serves as an excellent role model, exuding love of exercise and self-discipline. Dina's classes are fun yet challenging. I enthusiastically recommend her as a personal trainer!

— *Ann Jornlin*

Dina is a high energy and super motivating trainer. She is aware of each person's strengths and needs and is able to differentiate her workouts so that everyone in the room gets the workout that works for them. She encourages me to be better and try harder, when she knows that I can do it. Her workouts are always different, and consistently challenging. Dina is dedicated to what she does, encouraging us to be healthy and strong. I am lucky to have the opportunity to participate in Dina's classes!

— *Julie Thomas*

I started training with Dina 4 years ago. As a 66 year old woman, my goals were very different from many of her clients. She listened to my needs and specifically tailored my needs to our workouts. She watches me constantly in a small group class where I am constantly challenged but feel good after and always know she is monitoring my form and skill level. Dina is hardworking/driving but also low-key and makes every class fun. I recommend her highly.

— *Maureen Freebery*

I have known Dina since college as we used to work out at the same gym. Her foray into fitness as a career not only makes perfect sense but offers us (her clients and friends) the unique opportunity to benefit from her vast knowledge and positive attitude. Dina take it "up a notch" at every workout and creates an environment where you can't help but want to compete against yourself to constantly improve and fight for better numbers. Dina is a life-changer both physically and mentally! Would be lost without her. :)

— *Jennifer Nutting*



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I have worked out with Dina over the last few years and find her to be an outstanding trainer. She has a rare ability to push one to the brink of their maximum output while maintaining a compassionate presence (always within the framework of focusing on form). She inspires and motivates consistently and never lacks the energy I need to achieve a great workout. I would recommend her as a trainer for anyone, whether that person is a professional athlete or someone just starting to exercise. I'm not sure I would continue to get myself to the gym without having her positive energy there to greet me! Her classes are constantly changing, providing new challenges on a regular basis to ensure routines never get stale. I truly find it an easy decision to give her a perfect rating.

— Mike McGinley

Dina is simply the best and I am so grateful to have been able to work out with her for the last 18 months. It's no exaggeration to say it's been life-changing. As part of the "over 50" crowd, I am amazed to be doing things I couldn't do at 20. Since the first time she asked me to a box jump (clearly, she had lost her mind) and I did it - I have learned to ignore the "I can't do that" thoughts and just listen to Dina. With her help, I have made gains in strength and conditioning that I never would have believed possible, and I am excited to see what the next 18 months will bring. I am impressed with Dina's ability to connect with each client and tailor the training to meet their needs. Her enthusiasm and positive energy keep classes fun while always inspiring her clients to give 110%. Thank you Dina!

— Joan Burn

I started working with Dina over two years ago with her small group classes. I am in my late fifties and have been very active all my life in a number of sports, skeptical of what a trainer or classes could do for me. I thought I was in good shape but have developed farther than I thought possible under Dina's guidance. I can do things now that I could not do in my 30's, and I'm in the best shape of my life according to both how I feel and my doctor. I remain in awe of Dina's skill and capability. She has a natural ability to sense the capabilities of all her clients, simultaneously and in real time, to show each of us what is possible. She knows if we're being lazy or have hit a physical limit, appropriately challenging or guiding us. She creates an energizing environment and that takes some doing at 5:45 am! She is a natural leader and I'm quite fortunate to have her as my guide. She is more than a trainer by far and I refer to her as "sensei", drawn from an expression used in the martial arts as a master who is showing the way.

— Mike Michlovich

Dina is an awesome trainer/instructor! What I love most about Dina is that her workouts are so challenging, but you want to keep coming back for more because of her positive energy and the results that you get. I usually work out with her 3-4 times a week, and it never gets old. She is constantly looking for new ways to challenge herself and us! One of the things I admire most about her is how hard she pushes herself during her Intensive Interval Class. She is up in the front of the room leading/pushing us for an hour, and she is matching all of us (or beating all of us) step for step. The HAC is lucky to have her and I consider it a privilege to be able to work out with her each week!!!

— Jody Pettoruto

Dina is the most unbelievable person I know when it comes to helping people achieve their workout goals. She has so much confidence in her students to do their best and knows how to push us to that next level. She has so much energy when she is teaching her classes, especially when she is doing the class with us. I have never left one of her workouts saying to myself that was easy or I wish that was harder. She is always changing things up to confuse our bodies. She is a true role model in the fitness world. I am so thankful that I am able to workout under her.

— Renee Baffone

The old cliché is that fine wine gets better with age. Thanks to Dina Saitis, My body is getting better with age, too! I am almost 54 years young (and kickin' butt) because of Dina's well-rounded, whole body training methods. I started working with Dina a few years ago and was suffering from overuse injuries and torn tendons/ligaments as a result of distance running. Dina devised a regimen of strength, conditioning, and cardio endurance exercises fully customized around my injuries but mindful of my inner athlete desires. Under her wise instruction, I have honed my core and muscular strength and have fallen in love with weights, kettle bells, and burpees! Thanks to Dina, I said goodbye to my granny pants and hello to the thong! Life is good!

— Suzie Gladle

