

Lisa Coors, Founder and President

MBA, NASM-CPT, ACE-AHFS

Lisa is the owner of Coors Core Fitness, a medical exercise business located in the Wellington Orthopaedic and Sports Medicine Center in Cincinnati, OH. She has successfully transitioned to the fitness industry from corporate America by becoming a business owner, national presenter, writer and medical exercise specialist. Lisa presents at Club Industry, AFPA and the Sunflower Revolution Symposium. She is a member of the ACE Industry Advisory Panel and the co-author for the AHFS Trainer Manual.

Janine Torres, Associate Instructor

BA, NASM-CPT, MES

Janine is a 16 year veteran of the fitness industry. She has a BS in Psychology and certified by the National Academy of Sports Medicine. Her interest in the fitness industry began after she spent 25 years dancing ballet and 5 years competing in the National Aerobic Championship. Her journey began in New York City working at the Equinox Fitness Club where she obtained her certifications and found her niche within the special population world. Since then, Janine has obtained certifications in flexibility, medical exercise (post-rehab), pre-natal/post-partum and several musculoskeletal diseases. Her passion has led her to assist many clients in reaching their fitness goals.