

The
Bay

HEALTH CLUB

MEET OUR
**PERSONAL
TRAINERS**



BRANKO DESCANCIC



SKILLS

OLYMPIC WEIGHTLIFTING

STRENGTH AND CONDITIONING TRAINING

POST REHAB STRENGTHENING

With over 15 years of experience in sports and fitness, my philosophy is centered on lifelong learning to help you enhance your well-being. I provide the knowledge, skills, and support you need to achieve a healthier, more fulfilling life.

CERTIFICATION



University of Sports Science and Physical Education



REPS Level 3 Certified Personal Trainer



CrossFit Level 2 Certificate



Rehab Master Certificate



Active IQ Level 3 Personal Trainer



HBX Boxing Certified

“WHERE STRENGTH
MEETS PURPOSE.”

BRANKO DESCANCIC

The
Bay
HEALTH CLUB

JACK COOK



SKILLS

BODYBUILDING

MUAY THAI

FAT LOSS

With over 9 years of experience as a personal trainer in both Kuwait and the UK, I bring a diverse and in-depth understanding of fitness, strength training, and overall wellness. My approach focuses on providing clients with the knowledge, motivation, and support they need to achieve lasting results and a healthier lifestyle. Through personalized programs and professional guidance, I aim to help individuals build strength, confidence, and sustainable habits that enhance both body and mind.

CERTIFICATION



ISSA Level 2



ISSA Level 3 Personal Training



ISSA Nutritionist



Les Mills Body Combat

“PUSH BEYOND POSSIBLE.”

JACK COOK

The
Bay
HEALTH CLUB

KRISTOPHER DE LA CRUZ



SKILLS

MUSCULAR HYPERTROPHY

HIIT TRAINING

NUTRITIONAL COACHING

With over 11 years in the fitness industry, I've dedicated my career to helping people unlock their potential, build confidence, and transform their bodies and minds. My mission is to guide, motivate, and educate, because real progress comes from consistency, not perfection.

CERTIFICATION



Level 3 Personal Trainer



Level 2 Fitness Instructor



Level 1 Applied Nutrition Coach



TRX/Vipr/KB Basics

“TRANSFORM YOUR MIND.
TRANSFORM YOUR BODY.”

KRISTOPHER DE LA CRUZ

The
Bay
HEALTH CLUB

MARK ISRAEL



SKILLS

OBESITY AND DIABETES SPECIALIST

BOXING/KICKBOXING

STRENGTH AND CONDITIONING TRAINING

For the past 15 years, I have been deeply committed to coaching, with a focus on mindset and fitness. My mission is to empower others to grow, take action, and recognize their inner strength—because lasting transformation begins from within. I believe that consistent, small efforts create a foundation for a life rooted in strength, balance, and self-confidence.

CERTIFICATION



Bachelor's Degree in Nursing



Level 4 Certified Personal Trainer



TRX Suspension/VIPR Trainer Certified



Performance Boxing Instructor/Boxercise Certified



Olympic Weightlifting Level 1 Certified



Rehabilitation Express Trainer Certified

“TRAIN DIFFERENT.
LIVE STRONG.”

MARK ISRAEL

The
Bay
HEALTH CLUB

POORI MIRHOSEINI



SKILLS

RUNNING PERFORMANCE & TECHNIQUE

POSTURE CORRECTION & MOBILITY

FUNCTIONAL STRENGTH TRAINING

I help people build lasting strength and endurance through mindful, functional movement that supports their everyday life. Drawing on more than five years of experience, my training blends mobility, stability, and performance work to build capable, confident, and resilient bodies. I see fitness as a continuous process of discovering what your body can do and how strong you can become.

CERTIFICATION



ISSA Certified Personal Trainer



ISSA Certified Nutritionist



ISSA Strength & Conditioning Specialist



ISSA Running Coach

“BUILDING RESILIENCE
THROUGH MOVEMENT.”

POORI MIRHOSEINI

The
Bay
HEALTH CLUB

SHANE ALTO



SKILLS

MUSCLE HYPERTROPHY

CONTEST PREPARATION

NUTRITION PLANNING

With 19 years of experience in the fitness industry, I am a results-oriented and passionate REPs Level 3 Certified Personal Trainer dedicated to helping clients achieve peak performance, optimal health, and long-term physical well-being. My approach combines scientific knowledge, practical experience, and individualized coaching to deliver sustainable and measurable results.

I also specialize in contest preparation for Men's Physique bodybuilding, guiding athletes through every stage of their journey – from off-season development to stage-ready conditioning. My programs emphasize physique balance, muscle definition, posing presentation, and evidence-based nutrition tailored to competition requirements.

CERTIFICATION



REPs Level 3 Certified Personal Trainer



AMCA Certified Nursing Aide



Rehab Movement Certified Specialist



CPR and First Aid Certified

“STRONGER EVERY DAY.”

SHANE ALTO

The
Bay
HEALTH CLUB