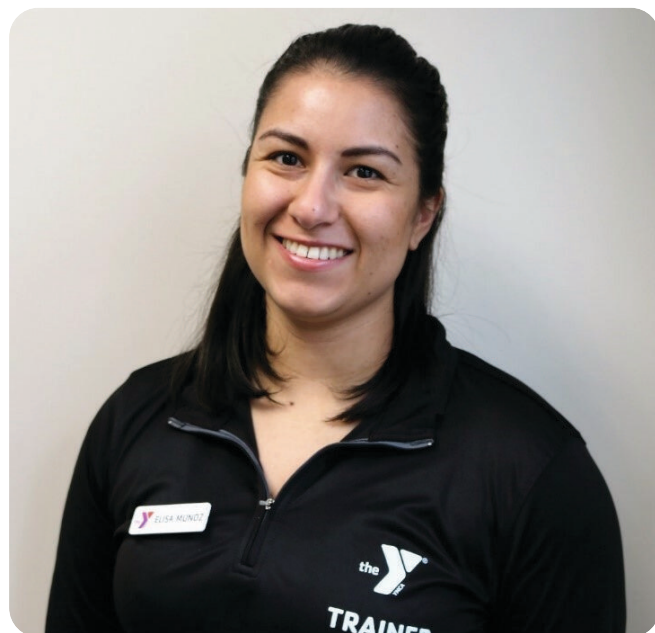




# MEET ELISA MUNOZ

**Personal Trainer**  
**SANTA BARBARA YMCA**



With a Bachelor's degree in Kinesiology, my emphasis is on Applied Fitness and Active Lifestyle's Development. Certified as a bilingual personal trainer with the American College of Sports Medicine (ACSM), I also am an active YMCA group exercise instructor and Livestrong Cancer Survivor Instructor.

I believe in creating exercise programs that are functionally executed to target movement performance and physical developments of strength, stability and stamina. I have trained with many different types of clientele, ranging from younger athletes to middle-aged and senior demographics – specifically those recovering from cancer, pregnancy, postpartum and diabetes. I am dedicated, passionate and eager to help you reach your goals!

Whether you are looking to get back in shape, lose weight, eliminate aches and pains, or build more muscle, I'm here to help you reach those goals so you can look and feel your very best!

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# MEET KAREN ROBISCOE

**Personal Trainer**  
**SANTA BARBARA YMCA**



An honors grad of Liberal Arts, I created and wrote an exercise-focused column for several years for the Montecito Journal—an editorial frequently republished in the Acorn and Independent newspapers. With a Specialist Certification in Corrective Exercise, I am additionally certified by the National Academy of Sports Medicine as a general personal trainer (NASM).

I also hold credentials as a FiTOUR Spin Instructor, NASM Group Exercise Instructor, YMCA Livestrong Cancer Survivor Instructor and Aquatics Instructor with the Aquatic Exercise Association (AEA).

Many of my clients have worked with me in the aftermath of such physical challenges as total knee and hip replacement, as well as chronic issues including frozen shoulder, spinal stenosis, plantar fasciitis, MS, Hashimoto's, Parkinson's and arthritis.

Above all, I am passionate about helping my clients safely improve movement, wellness and quality of life. From flexibility and functional exercise, to strength, stamina, balance and mobility—your goals are my goals!

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# MEET MATTHEW WILLIAMS

**Personal Trainer**  
**SANTA BARBARA YMCA**



Throughout my time at Westmont College, I obtained a Bachelor's in Kinesiology, and ran track and field. Through dealing with injuries as a student-athlete, I've learned how to prevent injuries and establish healthy lifestyles. Seeing others achieve their goals and transition to a better physical state is what drove me to become a trainer, and continues to drive me as I work with clients to develop long-term healthy habits.

I am certified as a Performance Enhancement Specialist through NASM, and have taken courses such as Anatomy, Physiology, Biomechanics, and Strength and Conditioning. With my experience and continued learning, I am eager to work with a wide range of clients and help you feel confident through your fitness journey.

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# MEET MORGAN CINTRON

**Personal Trainer**  
**SANTA BARBARA YMCA**



Throughout my experience as a NASM Certified Personal Trainer, I have designed customized classes, boot camps, and individual training plans that derive from various styles and methods. One of these classes, Dumbbell Demolition, uses body-sculpting techniques that shed fat and tone the body quickly. Additionally, I lead the Circuit Training program here at the Santa Barbara YMCA, and like to incorporate functional movements into my routines such as Karate, Kenpo, and Boxing combinations.

Passionate about helping you reach your goals, I am well-versed in working with a wide-range of clientele. I will help you get off the bench and into the game by providing you with accountability and coaching so you can score those results!

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# MEET EMILY SHAW

**Personal Trainer**  
**SANTA BARBARA YMCA**



Born and raised into a very large Santa Barbara family, I took sports and fitness with me through the journey. There were injuries that came with so many fun accomplishments. As I progressed into adulthood I felt the passion to share what I loved about all of it with anybody who wanted to partake. I currently specialize in body composition awareness, injury prevention, strength adaptation, post surgery rehabilitation, macro nutrient suggestions, and FUN!

I hold certifications with Personal Training Academy Global/National Academy of Sports Medicine, Red Cross CPR, and TRX Suspension Training.

I look forward to learning about you and your goals.

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# MEET CHRISTOPHER DICRISTO

**Personal Trainer**  
**SANTA BARBARA YMCA**



I understand the struggle of battling weight-loss, and I want to be a part of the solution. I began the mission of helping others in an effort to inspire people to become healthier versions of themselves. I have been a professional fitness trainer for over 8 years, and am certified through ISSA – the International Sport Science Association. Some of my greatest success stories/clients have reached an astounding combined weight-loss of over 1000 lbs and counting.

While training can sometimes be a little overwhelming, I am here to help you through the entire process. I believe in the people I train, and anyone else that is on a fitness and wellness journey. Anyone can do it, and my job is to be intentional in guiding you through, step by step.

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# MEET LUIS MORA

**Personal Trainer**  
**SANTA BARBARA YMCA**



Born and raised in Santa Barbara, I became a personal trainer through the passion I had as an athlete. I've played soccer since the age of 3 and continued playing up until my college career for the SBCC Men's soccer team. Throughout my soccer career I have dealt with many injuries and setbacks, which led to my interest in injury prevention. I then became an intern for the strength and conditioning program at SBCC. Thanks to these programs and experience, I graduated from SBCC with an Associates in Kinesiology.

I am certified through the International Sports Sciences Association (ISSA) as a Corrective Exercise Specialist. This allows me to accommodate your needs, reach your goals, and help reduce the risk of injury.

With my knowledge and experience, I want to be able to help a wide variety of clientele reach their fitness goals - whether that means to lose weight, gain muscle, or prevent injuries. I am passionate about what I do and will strive for your success; because your success is my success. I am excited to embark on this journey with you and thank you for trusting me.

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# MEET RAYLENE LORIGO

Personal Trainer  
SANTA BARBARA YMCA



I provide personal fitness training for clients with a wide range of physical conditions and specific goals. Certifications I hold are through the National Academy of Sports Medicine (NASM) and the American Council of Exercise (ACE).

The programs I design are intended to meet every individual's goals, fitness capabilities, health conditions and limitations. Specialties include weight loss, small group training, strength/conditioning, circuit training, rehabilitation, and core strength building. I love to employ traditional methods for cardio and strength training, and can utilize boxing training to bring a wider variety to your workout experience.

I am eager to meet with you and get started!

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# MEET DANIEL ORTEGA

**Personal Trainer**  
**SANTA BARBARA YMCA**



I'm a fitness enthusiast with a passion for helping others lead healthier lives. My journey in the world of health and fitness began through my love for sports, leading me to specialize in injury prevention, muscle growth, weight loss, and strength and conditioning.

I hold a certification from ISSA and constantly strive to expand my knowledge in the field. Calisthenics forms the foundation of my training, empowering me to perform functional exercises with confidence and without limitations.

When I'm not at the gym, you'll find me soaking up quality time with family, exploring the great outdoors, or whipping up delicious treats in the kitchen. I also incorporate yoga into my routine, mastering poses that complement my fitness programs.

Join me as I continue to grow, learn, and inspire others on their journey to a healthier, happier lifestyle.

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# MEET CATALINA BARTLETT

Personal Trainer  
SANTA BARBARA YMCA



I'm a NASM Certified Personal Trainer and a student at UC Santa Barbara, currently working toward a degree in Biopsychology. My academic background gives me a deeper understanding of how the brain and body connect – something I carry into every training session.

With a foundation in competitive gymnastics, I focus on building both flexibility and strength through proper movement, control, and technique. I specialize in helping clients improve mobility, develop balanced strength, and reduce the risk of injury through personalized, goal-driven programs.

Whether you're just starting out or looking to refine your training, I take a thoughtful, science-informed approach to help you move better and feel stronger.

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