



TEAM MEMBERS

Expanding Our Pledge to Provide The Best in Fitness & Nutrition Services

To meet the increasing demand for Advanced Athletics' quality fitness training and nutrition programs, Adam has brought together an expanded team of service providers who fulfill our high standards and your expectations. More than ever, Advanced Athletics is at your service.

Theresa Hessler
Trainer/Nutritionist



Theresa is a certified personal trainer, Pilate's instructor, and yoga instructor, and nutrition coach who has been featured on Entertainment Tonight. She professionally competed in IFBB fitness for the better part of a decade, winning three pro titles. Theresa has written and co-authored numerous articles for fitness publications such as Muscle & Fitness and Oxygen Magazine as well as appearing on the cover of these and other fitness Magazines.

Rebecca Rumsey
Trainer/Nutritionist



Rebecca is a certified personal trainer, group exercise instructor and IBNFC certified nutritionist, with over 10 years of experience in the industry. Rebecca is also completing a Master of Science in Holistic Nutrition. With a background in martial arts, boxing, dance and yoga, Rebecca maintains a devout following of clients who appreciate her in-depth knowledge and ability to help push them to their ultimate best.

Jonathan Millikan
Nutritionist



Jonathan is a certified nutritionist who takes tremendous pride in coaching his clients. He brings more than a decade of experience in serving health conscious consumers and delivering the most knowledgeable advice. Jonathan's manner offers a sense of confidence and delivers results he and his clients consistently find very rewarding. He considers this is true calling.

Now there are more ways and more reasons than ever for everyone who is highly motivated about their fitness and nutrition to bring their performance to the next level. The members of the Advanced Athletics team are here to make an individualized program easily obtainable and affordable.