

Fitness Instructor/Trainer Bios

As we begin with our new schedule of fitness classes and events, we wanted to share some background on our Fitness Instructors and Personal Trainers.



Darrell Gibson, Personal Training & Services Manager, has been a competitive athlete (skiing, swimming and water polo) and has helped others in the health industry for over 20 years. He is certified with ACE, ISSA and The Paul Check Institute. Darrell specializes in body fat reduction, weight loss, cardiovascular conditioning, strength training, rehabilitation, flexibility, core strengthening, sport specific training, stability ball exercises, cardio boxing and nutritional programming. Friendly, motivating and task oriented describe him best and he will help anyone turn their health around when they are ready!



Via Gibson, Fitness Manager, has been in the health industry for over 16 years. She specializes in Athletic Fitness, Women's Wellness Programs, Sports Nutrition, Functional Endocrinology, Metabolic Typing, Applied Nutritional Therapy, Vitamin and Supplement Analysis, Muscle Response Testing and Hair Tissue Analysis. Via holds certifications with ACE, AFPA, Freddie Ulan Systems, Dr. Lang Corporation and AMS. She is well known for her corporate health seminars and has published numerous health articles for local and national newspapers. Via enjoys living a holistic lifestyle and is eager to help others live a better life!



Roseann Fracci is a "seasoned" fitness professional and holds a host of personal and group fitness certifications including ACE, AFAA, AEA, Body-PUMP®, SPIN®, Resist-a-Ball® plus over 500 hrs of STOTT™ Pilates and Yoga training. Roseann has recently completed an Advanced Instructor Golf-Specific Training Certification with MOTION GOLF® and comes back to Desert Highlands for her 7th year with programs designed to help you hit the ball consistently farther and straighter with reduced risk of injury and back pain. "LIVE FIT" is her philosophy... fitness is her passion!



Kevin Gilligan is originally from New York and has over 20 years of experience training clients. Kevin is certified by ISSA & SSG (Super Slow Guild) & he also has experience in occupational therapy. He is co-founder of the F.I.R.S.T. Exercise and Q. Biosystems. Be proactive with your health; Prevention is the key to long term optimal health. Slow resistance training + ECP (External Counter Pulsation) = Optimal Vascular Health.



Willie Lim – Our Tai Chi instructor, Master Lim has a quiet strength that is expressed in his humility, and ability to impart his knowledge to others. Willie has 42 years experience in Tai Chi & martial arts. He currently holds the rank of 8th Dan Black Belt in Karate and travels around the world sharing the classical way of Tai Chi. He will introduce you to a simple, yet effective way of learning this unique art form. Willie was recently nominated for induction into the Martial Arts Hall of Fame.



Penny Wright, B.S has over 21 years of experience in the fitness industry. She holds certifications through ACE, AFAA, Step Reebok, Schwinn Spinning, Senior Fitness, The Arthritis Foundation Water Program, Reebok Body Walk, Stott Pilates Reformer and Mat training. Her studies include Sport Psychology, Exercise Science, Advanced Nutrition, Anatomy, Biomechanics, and has worked with post injury rehab for several orthopedic surgeons. Penny is also a professional inline skater; in which she continues to compete and teach.

We welcome you to stop by the Fitness Center to get to know our instructors and trainers and participate in our great programs and classes. If you have any questions, please call Via or Darrell at 480-419-3771.