



Golf Digest

# Best Fitness Trainers in America

2025-2026

OUR BIENNIAL LIST OF THE TOP PERFORMANCE COACHES ACROSS THE COUNTRY HAS GROWN AGAIN, REFLECTING THE SPORT'S POPULARITY AND THE DEMAND FROM GOLFERS LIKE YOU TO TRAIN LIKE THE PROS DO

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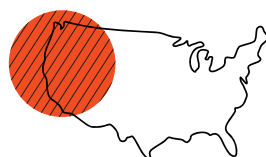
**Golf fitness has come a long way** since Tiger Woods brought it out of the shadows at the turn of the century. It has grown from a niche aspect of golf performance to a mainstream component, and along with that growth has come the rise of the sport-specific trainer. Where you once could count golf-fitness coaches by the dozens, their numbers have swelled into the thousands.

It makes perfect sense. Golf is perhaps the only sport people play *more* as they get older, and the need for training that keeps the swing sharp and the body injury free is in greater demand than ever. The National Golf Foundation says a record 45 million people in the U.S. participated in the sport in some way in 2023.

With all of this in mind, Golf Digest continues to recognize the very best in golf fitness. It started with our first list of the 50 Best Golf-Fitness Professionals in America in 2017. The honor has since evolved to identify the top trainers “in the trenches,” those who actually work with and excel at making amateur golfers better and healthier. For the 2025-'26 list, Golf Digest's Fitness Advisory Panel received hundreds of nominations of quality trainers from golfers like you and poured through their applications to select the best. There were too many to cap the list at 50, so Golf Digest decided to drop the number and simply call it The Best Fitness Trainers in America. There are 69, and these trainers hail from nearly every region of the country and represent a vast diversity of educational backgrounds and training philosophies. Here are the honorees.—*Ron Kaspriske*



**WEST**



- **Janet Alexander**  
Pacific Fitness & Health, Encinitas, Calif.  
*pacificfitnesshealth.com*  
EVALUATION: \$200  
HOURLY: \$200
- **Matt Arentz**  
Arentz Rx Golf, Napa, Calif.  
*arentzrxgolf.com*  
EVALUATION: \$175  
HOURLY: \$140

- **Brian Bradley**  
Egoscue, Inc., San Diego  
*egoscue.com*  
EVALUATION: \$0  
HOURLY: \$75-\$1,000
- **Milo Bryant**  
Milo-Limitless Fitness, Del Mar, Calif.  
*milostrong.com*  
EVALUATION: \$1,100  
HOURLY: \$300
- **Sean Cochran**  
Sean Cochran Sports Performance, San Diego  
*seancochran.com*  
EVALUATION: \$295  
HOURLY: \$195

- **Andrea Doddato**  
Brentwood C.C., Los Angeles  
*shapeandsport.com*  
EVALUATION: \$250  
HOURLY: \$175
- **Shawn Farmer-Sese**  
Golftetica Sports and Rehab, Redmond, Wash.  
*golftetica.com*  
EVALUATION: \$275  
HOURLY: \$150
- **Jennifer Fleischer**  
Leap Fitness, San Francisco  
*fleischertourfit.com*  
EVALUATION: \$350  
HOURLY: \$225

- **Lance Gill**  
Titleist Performance Institute, Oceanside, Calif.  
*lgperformance.com*  
EVALUATION: \$400 (monthly)  
HOURLY: \$400 (monthly)
- **Mike Hansen**  
Hansen Fitness for Golf, Irvine, Calif.  
*hansenfitnessforgolf.com*  
EVALUATION: \$150-\$350  
HOURLY: \$150
- **Zach Johnson**  
Seattle Golf Fitness, Mercer Island, Wash.  
*seattlegolffitness.com*  
EVALUATION: \$150  
HOURLY: \$150

- **Scott Light**  
The Golf Gym, Portland, Ore.  
*thegolfgymptdx.com*  
EVALUATION: \$150  
HOURLY: \$120
- **Ken Mengel**  
KM Golf Performance, Seal Beach, Calif.  
*kmgolfperformance.com*  
EVALUATION: \$225  
HOURLY: \$175
- **Sheldon Roberts**  
Golf Fit, Los Angeles  
*golffit.com*  
EVALUATION: \$150  
HOURLY: \$130-\$150
- **Mark Smith**  
The Sports Club at Mission Hills C.C., Rancho Mirage, Calif.  
*docsmith.org*  
EVALUATION: \$495-\$795  
HOURLY: \$150
- **Dee Tidwell**  
Colorado Golf Fitness Club, Denver  
*coloradogolffitnessclub.com*  
EVALUATION: \$250  
HOURLY: \$150

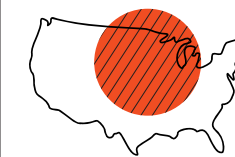
**SOUTHWEST**



- **Robert Arata**  
Empower Golf Performance, Henderson, Nev.  
*golftempower.com*  
EVALUATION: \$450  
HOURLY: \$200

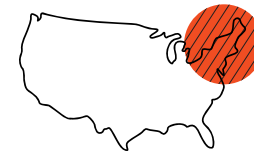
- **Mindi Boysen**  
The Club at Fit for Golf! Fit for Life!, Scottsdale  
*fitforgolfusa.com*  
EVALUATION: \$350  
HOURLY: \$190
- **Brian Chandler**  
Elevate Sports Performance & Healthcare, Las Vegas  
*elevatesph.com*  
EVALUATION: \$200-\$500  
HOURLY: \$200
- **Chip Coleman**  
Motus Performance, Tucson  
*motusperformane.com*  
EVALUATION: \$400  
HOURLY: \$270
- **Damon Goddard**  
Goddard Sports Performance & Nutrition, Dallas  
*goddardspn.com*  
EVALUATION: \$250  
HOURLY: \$250
- **Zach Gulley**  
Superstition Mountain G. & C.C., Gold Canyon, Ariz.  
*golfers-fitness.com*  
EVALUATION: \$150  
HOURLY: \$100
- **Manny Hernando**  
Dallas Sports Performance & Fitness  
*dallasportspf.com*  
EVALUATION: \$250  
HOURLY: \$135
- **Clint Howard**  
Tulsa Fitness Systems  
*tulsafitnesssystems.com*  
EVALUATION: \$300  
HOURLY: \$125
- **Pam Owens**  
Royal Oaks C.C., Houston  
*pamowensfitness.com*  
EVALUATION: \$350  
HOURLY: \$150

**MIDWEST**



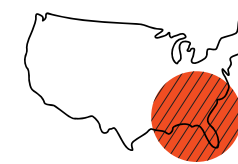
- **Scott Barthlama**  
Gleacher Golf Center, Evanston, Ill.  
*wildcatgolfacademyjuniors.com*  
EVALUATION: \$200  
HOURLY: \$150
- **Lindsay Becker**  
Buckeye Performance Golf, Dublin, Ohio  
*buckeyeperformancegolf.com*  
EVALUATION: \$300  
HOURLY: \$125
- **Bill Glegoroff**  
Golf and Fitness Academy, Chicago  
*golfandfitness.academy*  
EVALUATION: \$395  
HOURLY: \$175
- **Neal Hausch**  
Golf Fitness Plus, Akron, Ohio  
*golffitnessplus.net*  
EVALUATION: \$200  
HOURLY: \$100
- **Tim Neumann**  
Par 5 Performance, Cleveland  
*par5performance.com*  
EVALUATION: \$150  
HOURLY: \$70
- **Chad Odaffer**  
Altered Physique, Zionsville, Ind.  
*performancegolfonline.godaddysites.com*  
EVALUATION: \$150  
HOURLY: \$75-\$100
- **Jeff Pelizzaro**  
18Strong at Empire Fitness Academy, St. Louis  
*18strong.com*  
EVALUATION: \$300  
HOURLY: \$125
- **Cory Puyear**  
P.U.R.E. Golf, Northfield, Ill.  
*pure-golf.net*  
EVALUATION: \$375  
HOURLY: \$150
- **Jordan Rudolph**  
Unity Fitness, La Crosse, Wisc.  
*unityfitnesspro.com*  
EVALUATION: \$200  
HOURLY: \$150
- **Mitchell Sadowsky**  
Aretas Performance, Milwaukee  
*aretasphysicaltherapy.com*  
EVALUATION: \$150  
HOURLY: \$125

## NORTHEAST



- **Tyler Campbell**  
Golf Performance Center,  
Ridgefield, Conn.  
*thegolfperformancecenter.com*  
EVALUATION: \$499-\$1,499  
HOURLY: \$175
- **Kevin Duffy**  
Rotational Power Strength,  
Acton, Mass.  
*trainrps.com*  
EVALUATION: \$165  
HOURLY: \$165
- **Andrew Dulak**  
Dulak PT and Golf,  
Pittsburgh  
*dulakphysicaltherapy  
andgolf.com*  
EVALUATION: \$250  
HOURLY: \$140-\$200
- **Paul Gozbekian**  
Fitness Performance  
Systems,  
Needham, Mass.  
*fps.fit*  
EVALUATION: \$399  
HOURLY: \$175
- **Dave Maloney**  
My Golf Conditioning,  
East Greenwich, R.I.  
*mygolfconditioning.com*  
EVALUATION: \$250  
HOURLY: \$85
- **Jason Meisch**  
PEAK Golf Fitness,  
Rockville, Md.  
*peakgolffitness.com*  
EVALUATION: \$250-\$600  
HOURLY: \$200
- **Daniel Nicinski**  
MobilityRX,  
Boston  
*mobilityprescription.com*  
EVALUATION: \$250  
HOURLY: \$165

## SOUTHEAST



- **Trevor Anderson**  
APEX Fit Performance,  
Ocoee, Fla.  
*apexfit.com*  
EVALUATION: \$300  
HOURLY: \$150
- **Jonathan Avalos**  
Athletic Golf Fitness,  
Charlotte  
*athleticgolffitness.com*  
EVALUATION: \$200  
HOURLY: \$125
- **Shawn Balow**  
Tampa (Fla.) Strength  
*tampastrength.com*  
EVALUATION: \$250  
HOURLY: \$125
- **Alex Bennett**  
PGA Tour's  
Performance Center,  
Ponte Vedra Beach  
*tourperformancecenter.com*  
EVALUATION: \$350  
HOURLY: \$200
- **Ryan Blackburn**  
Orlando Golf Performance,  
Ocoee, Fla.  
*orlandogolfperformance.com*  
EVALUATION: \$0  
HOURLY: \$70-\$90
- **John D'Amico**  
Golf Fitness Edge,  
Estero, Fla.  
*golffitnessedge.com*  
EVALUATION: \$300  
HOURLY: \$100
- **David Donatucci**  
Arise Center  
for Athletic Development,  
Jupiter, Fla.  
*myarisefl.com*  
EVALUATION: \$75-\$500  
HOURLY: \$195
- **Chris Finn**  
P4S Golf,  
Morrisville, N.C.  
*par4success.com*  
EVALUATION: \$500  
HOURLY: \$300
- **Dan Hellman**  
H3 by Dan Hellman,  
Fort Lauderdale, Fla.  
*h3bydan.com*  
EVALUATION: \$500  
HOURLY: \$500
- **Tom Hemmings**  
Sea Island Golf  
Performance Center,  
St. Simons Island, Ga.  
*seaisland.com*  
EVALUATION: \$225  
HOURLY: \$225
- **Dave Herman**  
Dave Herman  
Performance,  
Winter Garden, Fla.  
*davehermanperformance.com*  
EVALUATION: \$150  
HOURLY: \$100
- **Darin Hovis**  
Par 4 Fitness,  
Naples, Fla.  
*par4fitness.com*  
EVALUATION: \$295  
HOURLY: \$150
- **Ken Macdonald**  
Lifetime Performance,  
Palm Beach Gardens, Fla.  
*lifetimeperformancepb.com*  
EVALUATION: \$200  
HOURLY: \$150
- **David Maloney**  
Golf Conditioning  
& Performance,  
Tysons Corner, Va.  
*golfcp.com*  
EVALUATION: \$600  
HOURLY: \$200
- **Michael McDonnell**  
Coach Mike Mac,  
Mount Pleasant, S.C.  
*coachmikemac.com*  
EVALUATION: \$175  
HOURLY: \$175

- **Lenny Mello**  
Pillar Health & Sport  
Performance,  
Louisville  
*pillarsport.com*  
EVALUATION: \$295  
HOURLY: \$100
- **Randy Myers**  
Sea Island Golf  
Performance Center,  
St. Simons Island, Ga.  
*seaisland.com*  
EVALUATION: \$175  
HOURLY: \$425 (90 minutes)
- **Karen Palacios-Jansen**  
Cardio Golf Groove Studio,  
 Mooresville, N.C.  
*cardiogolf.com*  
EVALUATION: \$225  
HOURLY: \$125
- **Thor Parrish**  
Thunder Performance Fit  
and Junior Golf Academy,  
Naples, Fla.  
*thunderperformance.fit*  
EVALUATION: \$125  
HOURLY: \$90
- **Carolina Romero**  
Boca Delray Golf Fitness,  
Boca Raton, Fla.  
*bocadelraygolffitness.com*  
EVALUATION: \$250  
HOURLY: \$150
- **Ben Shear**  
Ben Shear Golf,  
Jupiter, Fla.  
*bensheargolf.com*  
EVALUATION: \$1,195-\$1,995  
HOURLY: \$495 (90 min.)
- **Scott Shepard**  
Advent Health Golf PFX,  
Lake Mary, Fla.  
*golfpfx.com*  
EVALUATION: \$250  
HOURLY: \$125
- **Dan Shipman**  
Full Torque Fitness,  
Largo, Fla.  
*fulltorquefitness.com*  
EVALUATION: \$199  
HOURLY: \$200