



MEET YOUR TRAINERS AT LONGFELLOW WELLESLEY

Train Smarter. Get Stronger. Go Further.



At Longfellow Wellesley, our expert training team is here to help you move better, feel stronger, and train with purpose. Whether you're building muscle, improving athletic performance, or recovering from an injury, our coaches bring decades of combined experience and proven results to every session. With specialties ranging from strength and conditioning to corrective exercise and injury prevention, we meet you where you are - and help you get where you want to go.



Mike Shea, Director of Fitness
MShea1125@gmail.com

Certified Functional Strength Coach | ISSA Strength & Conditioning | ISSA Certified Personal Trainer | USA Weightlifting – Level 2

With almost two decades of experience in the industry, Mike has established an excellent reputation in the community having helped over 2,500 clients. Being passionate about fitness and athletics, he is dedicated to inspiring you to embrace a healthier lifestyle and achieve optimal results.

Previous Experience:

- Owner & Head Coach, Up North Fitness
- Fitness Professional, Lifetime Athletic
- Strength & Conditioning Intern, Mike Boyle S&C



**Jeremy Conn, Director of
High Performance Training**
JConnStrength@gmail.com

Certified Strength & Conditioning Specialist M.S. Exercise & Sport Science | B.S. Psychology

As an expert in high performance, Jeremy has worked in the collegiate, professional and private setting. Having worked with Olympic gold medalists, athletes of all ages returning from an injury, and adults looking to live a healthy lifestyle – he can help you with your individual goals.

Previous Experience:

- Assistant Strength & Conditioning Coach, PWHL Boston
- Sports Performance Specialist, Boston Sports Performance
- Graduate Strength & Conditioning Coach, Boston College
- Assistant Strength & Conditioning Coach, Union College

Let's Get Started: All Longfellow Wellesley members receive a complimentary fitness consultation to learn more about one-on-one coaching, partner training, small group training, and how our team can help you reach your goals.

Stop by the front desk | Call 781-705-2300 | Email Mike Shea, Director of Fitness – MShea1125@gmail.com



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Erin Smith, Assistant Director of High Performance Training
ErinSmith0129@gmail.com

Certified Strength & Conditioning Specialist | Certified Personal Trainer **M.S. Exercise & Sport Science | B.S. Exercise Science**

Over the last several years, Erin has helped thousands of collegiate athletes improve their speed, increase their strength and reduce their risk of injury to achieve peak performance. Erin also has an extensive personal training background in which she specializes in body composition management and weight loss.

Previous Experience:

- Associate Head Sports Performance Specialist, Babson College
- Strength & Conditioning Coach, Assumption University
- Strength & Conditioning Fellow, Harvard University
- Strength & Conditioning Intern, Boston College



Keyterr Pavon, Personal Trainer
KeyterrPavon@gmail.com

Certified Personal Trainer | Corrective Exercise Specialist | Orthopedic Specialist | **Revo₂lution Running**

For over 20 years, Keyterr has been a certified personal trainer in the Wellesley and Newton area. His expertise in functional training has helped clients of all ages lose weight, recover from injuries, improve their golf and tennis performance, and increase overall strength and endurance. Keyterr's passion lies in helping clients set and achieve sustainable goals by finding a balance between exercise, nutrition, and enjoying life.

Previous Experience:

- Owner & Head Coach, Invoke Fitness
- Personal Trainer, Boston Sports Club
- Head Personal Trainer, Fitness Together



Brendan Sullivan, Fitness Professional
BSullivan@LongfellowHealthClubs.com

Certified Personal Trainer | Colby-Sawyer College Coaching Certification **B.S. Sports Management**

Brendan is a former All-Conference NCAA Division III cross-country and track runner with a deep understanding of sports training and fitness equipment. Passionate about helping others achieve their goals, he specializes in creating customized programs to improve performance, build strength, and enhance overall health. Whether you're looking for a competitive edge or a healthier lifestyle, Brendan's expertise and welcoming personality make him an excellent resource for reaching your full potential.

Previous Experience:

- Right-Fit Expert, Marathon Sports
- Assistant Facility Coordinator, Boston Sports Institute