

Kanoa Kaleoaloha



Personal Trainer

Biography

Aloha! My name is Kanoa, and I am an ISSA Nationally Certified Personal Trainer at The Oahu Club. I became a personal trainer because I enjoy helping others stay active and perform at their best while doing the activities they love.

I spent much of my youth focused on school and competing in multiple sports, including swimming, kayaking, and paddling. My personal training experience began during my college swimming career, when I started helping my teammates with their training. I later transitioned to working with club swimmers and adults, helping them improve strength and endurance while focusing on injury prevention.

One philosophy I try to live by is to **leave a place better than I found it**. I bring that same approach to personal training and will do my best to help each client become the best version of themselves.

Education & Certifications

- Florida State University — BS
- International Sports Sciences Association — Certified Personal Trainer (ISSA-CPT)
- CPR/AED Certified

Favorite Ways to Stay Fit

- Open Water Swimming
- Paddling
- Running & Hiking

Susan Cowan



Personal Trainer

Biography

My interest in becoming a personal trainer began after I retired from corporate America and began pursuing my lifelong passion for fitness, sports, and adventure full-time.

During this time, I made several adjustments to my workout routine after receiving my first DEXA scan and reading Dr. Peter Attia's *Outlive: The Science and Art of Longevity*. I began incorporating consistent gym workouts focused on core strength and progressively heavier weights, along with weekly VO2 max training.

The progress I experienced inspired me to share what I have learned—and continue to learn—with others. My goal is to help clients build strength, improve fitness, and develop healthy habits that support an active lifestyle.

Education & Certifications

- United States Naval Academy — BS
- University of Chicago — MBA
- National Strength and Conditioning Association — Certified Personal Trainer (NSCA-CPT)
- CPR/AED Certified

Favorite Ways to Stay Fit

- Lifting Weights
- VO2 Max Workouts
- Paddling — Surfski, OC-6 & OC-1

Lei Evensen



Fitness Director /Personal Trainer

Biography

Born and raised in Kāneʻohe, Oʻahu, I grew up playing sports and enjoying the competitive environment, which sparked my interest in fitness. An early diagnosis of scoliosis changed my outlook on health and wellness and ultimately led me to a career in Health Promotion and Personal Training.

With 20 years of personal training experience, I aim to motivate and educate my clients. I believe in developing proper movement patterns while creating a functional, active, and independent lifestyle that helps reduce pain and prevent injury. I am passionate about working with clients of all ages and abilities to achieve their personal health and fitness goals.

“No matter your age or fitness level, we can continue to take steps forward. Whether you are training for an athletic competition, learning how to squat without knee pain, or retraining your body to walk after a stroke, we all have goals—and we can all work toward them with a little guidance and support. I feel blessed to have the opportunity to help others improve their quality of life.”

Education

- MS, Exercise Science and Health Promotion: Injury Prevention & Athletic Performance Enhancement — University of California of Pennsylvania, 2011
- BS, Exercise Science — University of Puget Sound, 2009
- Punahou School Alumna, 2005

Certifications

- Functional Patterns Human Biomechanics Specialist 3, 2025
- Functional Patterns Human Biomechanics Specialist 2, 2024
- Functional Patterns Human Biomechanics Specialist 1, 2022
- Functional Patterns Human Foundations, 2021
- NASM Senior Fitness Specialization, 2015
- NASM Group Fitness Instructor, 2013
- Roll Model Method Practitioner, 2012
- NASE Speed and Explosion Specialist, 2011
- NASM Performance Enhancement Specialist, 2010

- NASM Corrective Exercise Specialist, 2009
- NASM Certified Personal Trainer, 2009
- CPR/AED Certified

Specializes In

- Senior Fitness
- Youth Fitness & Education
- Weight Loss
- Strength & Conditioning
- Athletic Performance Enhancement
- Injury Prevention & Rehabilitation
- Pain Management
- Posture & Alignment

Favorite Ways to Stay Fit

- Biomechanics Training
- Posture & Alignment Training
- Strength Training
- Running
- Paddling
- Hiking
- Cycling
- Swimming
- Triathlons
- Soccer
- Volleyball
- Gardening & Yardwork