

WE CAN HELP WITH:

- General strength and conditioning
- Post-rehabilitation
- Special conditions such as arthritis, fibromyalgia, or cardiovascular disease
- Weight Management
- Flexibility
- Sport-specific training
- Balance and stability
- Posture
- Cardiovascular conditioning

Want to know which department can help you with a specific need? Call our Health Education Department at 952-930-8512 and they'll help find the best fit for you.

PERSONAL TRAINING CONTACTS

Evan Strewler, Health Services, ext 8512

Carol Peble, Pilates Director, ext 8524

Stephanie Olson, Pool Director, ext 8578

Liz Anema, Studio Director, ext 8528

WELLNESS THROUGH
EDUCATIONAL PROGRAMS,
SERVICES, ENVIRONMENT,
PROFESSIONAL CARE AND
PERSONAL GUIDANCE.



PERSONAL TRAINING



THE MARSH
A CENTER FOR BALANCE AND FITNESS

WWW.THEMARSH.COM

◆ FOCUS

◆ MOTIVATION

◆ SUPPORT

A Marsh personal trainer:

- ◆ Works with you one-on-one to meet your goals
- ◆ Helps you stay focused, accountable, and motivated
- ◆ Varies your routine - for better results!
- ◆ Adds education and fun to your workouts
- ◆ Reduces intimidation
- ◆ Enhances strength and conditioning to improve your quality of life

MISSION

We provide a safe, comfortable, innovative, fun and energizing experience to help you achieve physical and mental well-being.

Whether you are recovering from surgery, wanting to lose weight, or striving to reach better sport-specific conditioning, our highly qualified and personable trainers can help you achieve your goals.



PERSONAL TRAINING OPTIONS

- In the **Training Center**, trainers can help you with everything from general strength and conditioning to sport-specific training. Using innovative equipment, you will receive an in-depth and progressive training experience.
- Our **Therapy Pool** programs benefit those with chronic pain, joint dysfunction, and individuals seeking to improve strength and function following an injury or surgery.
- **Lap Pool** training is a unique way to improve muscular and cardiovascular endurance, while being gentle on the joints and spine.
- **Pilates** offers a method of conditioning exercises that work your body as a whole rather than a series of parts, with focus on the core (abs and back) muscles. Sessions can be private, semi-private or small group.
- In the **Studio**, with spring-cushioned floors, private, semi-private and small group sessions are available for sports conditioning, Gentle Yoga, Yogilates and Tai Chi.

HEALTH ASSESSMENTS

Our assessments incorporate state-of-the-art testing with consultations by our experienced trainers. You can choose body composition analysis, metabolic testing, strength testing, or range of motion testing. A **full profile analysis** combines several measurements and is the most comprehensive profile performed.

With all assessments, we evaluate comprehensive health questionnaires and monitor blood pressure and heart rate. *For more information, call our Health Education Department at 952-930-8512.*

QUALIFICATIONS

Trainers are certified by the American College of Sports Medicine, National Strength and Conditioning Association, or American Council on Exercise. Several trainers also have specialized certifications in areas such as aquatic therapy and Yogilates.

Pilates trainers are certified in both Pilates Matwork and Pilates equipment.

To learn more about The Marsh's trainers, pick up a Trainer Profile Card by the Training Center Desk.

