



Adrienne Peppin

Group Fitness Instructor

Personal Trainer

Certifications:

NDEITA Group Fitness Instructor
NDEITA Personal Trainer
Yoga Fit Certified
Johnny G Spinning Certified

Specialties:

General Fitness and Weight Loss
Biomechanics
Women on Weights
Working with range of motion.

Exercise and Health:

Like many of the physical aspects of aging, the decline in muscle mass can be slowed down or reversed with regular exercise. Muscles grow stronger when they are regularly worked against increased resistance. We are living longer but we also need to maintain quality of life. The only way to fight the physical aging process is to exercise. It is never too late to start. You just have to put your mind to it and START.

“Challenge makes change”

The 4 D’s: Decision-Determination-Discipline-Dedication

My reason for training is to help each individual to get the most out of each workout with proper biomechanics. Form plays a lot into getting the results you’re looking for without injury. I try and get my clients to focus on each exercise with form then I get them to visualize their goals and work with them to accomplish those goals. I want them to not only look good but to feel good on the inside. **Stay focused on the 4 D’s**



Shoreview
Community Center

Tropics Waterpark
& Fitness Center

