



Shoreview
Community Center

Tropics Waterpark
& Fitness Center

Holly DeRouchey

Personal Trainer
Fitness Instructor

Education:

South Dakota State University: Bachelors in Health Sciences with Health Promotion major

*University of South Dakota: Doctorate in Physical Therapy

Certifications:

NETA Personal Trainer
CPR Certified
AED Certified

Specialties/Areas of Interest:

- Distance Running
- Cross-training for injury prevention
- Novice Exercisers
- Upbeat Attitudes!

Additional Information:

Greatest Achievement: Completed Mankato Marathon
Training Philosophy: The pride from goal achievement lasts forever.

*With a physical therapy background, I specialize in correct body mechanics, preventing aggravation of previous injuries, and adherence to physician exercise recommendations.
Working as a personal trainer, I cannot evaluate or treat patients, but will use vast knowledge to ensure appropriate workouts for clients.