



Wendy is a mother of 4 active children, one girl and three boys. She is a believer in healthy lifestyle choices, not passing fads and observer that a good attitude has everything to do with a healthy life!



Wendy Frantz

- Personal Trainer
- Group Fitness Instructor

Education:

B.A. Sports Science St. Olaf College
Licensed K-12 physical education teacher

Certifications:

Certified Personal Trainer- ACE
ACE - Group fitness instructor
E-license MYSA Soccer Coach
Physical Mind Pilates Mat Work
Concept 2 Indoor Rowing Specialist
AFYAP (Arthritis Foundation) Water Exercise Specialist
YogaFit - Level One yoga instructor
Certified Lifeguard

Additional Experience:

- Soccer coach- high school (4 years) and youth (7 years)
- Girls' lacrosse coach - high school (4 years)
- Fitness presenter

Specialties:

Posture analysis and retraining
General conditioning
Youth Athletes