

	Education	Certifications	Specialties
<b>Austin</b>	US ARMY APFT AS from Century College Working towards BS in Exercise Science	American Council on Exercise, Certified Personal Trainer, Fitness Nutrition Specialist, Corrective Exercise Specialist, Functional Training Specialist	Strength building & hypertrophy training, interval training, program design & modifications, safety & risk management
<b>Becky</b>	Metropolitan State University BA, Business/Marketing	American Council on Exercise Certified Personal Trainer Silver Sneakers Instructor	New to exercise programs, posture retraining, fitness maintenance while aging
<b>Brian</b>	University of Minnesota-Duluth BA Communications	American Council on Exercise International Sports Sciences Association National Academy of Sports Medicine	Coaching/counseling background, program design novice to advanced, strength, power, powerlifting, bodybuilding, post injury/illness recovery, exercise for longevity
<b>Daniel</b>	University of Minnesota Duluth BA	Certified Personal Trainer International Sports Science Association	Mobility, joint relief, Increasing lean muscle mass, weight loss, overcoming mental barriers
<b>Gabe</b>	BS Exercise Science SMSU AS Health Science ARCC	ACSM Certified Personal Trainer CPR/AED	Hypertrophy training, strength training, US Army APFT, sport performance, powerlifting
<b>Gabriel</b>	University of Minnesota BS, Kinesiology	Personal Training & Group Fitness, Fitour, USA Boxing Certification Level 1, Black Belt Certification, World Tae Kwon Do Federation, TRX Certification, Lifeguard, Red Cross, CPR/AED and First Aid Professional Rescuer, Red Cross	Senior balance, strength & mobility, body weight, free weight and resistance machines for strength development, self- defense, boxing and martial arts for fitness
<b>Lauren</b>	University of St. Thomas BS	NASM Certified Personal Trainer CPR/AED	Strength training for all ages & levels, weight loss/healthy lifestyle coaching, balance, coordination, strength for older adults, athletic performance
<b>Mike</b>	University of Minnesota	American Council on Exercise NASM Certified Personal Trainer Performance Enhancement Specialist, National Education Trainer Association, Studio Cycle, Kettlebells	Sports performance endurance training (marathons, triathlons)
<b>Molly</b>	University of Wisconsin - Eau Claire, BA in Psychology	NASM Certified Personal Trainer NASM Certified Nutrition Coach Transformational Fitness Coach	Strength training, hypertrophy training, nutrition coaching, mindset coaching, macro setting and weight loss assistance
<b>Roven</b>	University of St. Thomas BS, Exercise Science. The College of Saint Scholastica MS, Exercise Physiology	National Strength and Conditioning Association Certified Strength and Conditioning Coach (CSCS). CPR/AED, ACLS	Strength and hypertrophy training for all ages. Sport performance. Exercise for clinical population post cardiac events
<b>Scott</b>	University of Minnesota BA Degree Communication Studies, United States Marine Corps Institute Physical Fitness & Nutrition Specialist	ACE Personal Trainer Senior Fitness Specialist Physical Mind Pilates Yoga Vida Group & Individual Yoga PADI Master Scuba Instructor Marine Corp Institute Physical Education & Nutrition	Strength training, balance, flexibility, meditation, nutrition coaching
<b>Wendy</b>	St. Olaf College & Bethel University BA, Sports Sciences, Health & Physical Education Licenses	American Council on Exercise Certified Personal Trainer Certified Group Fitness Instructor USSoccer National D Coaching License US Lacrosse, National Coaching Certification	Pilates, posture re-training, working with athletes, weight lifting technique