

SMALL CLUB RELATIONSHIPS. BIG TIME RESULTS.



Chris Head Personal Trainer

Chris has always been involved in physical activities. She grew up participating in sports and had a successful career in horticulture. Her background allows her to respect the strength and power the body can develop through consistent attention. Chris has developed her own solid exercise practices around the philosophy of keeping and gaining physical independence. She teaches her clients how to improve their individual strength with appropriate exercise choices and progression while working around challenges of aging, osteoporosis, and other degenerative diseases. Chris encourages the fact it is never too late to start the practice of taking care of yourself.

EDUCATION/CERTIFICATION

- BS Horticulture
- Certified Personal Trainer - National PT Institute
- Silver Sneakers Certified

SPECIAL INTERESTS

- Active Isolated Stretching
- Corrective Exercise Techniques
- Functional Aging



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Heidi Weinberg

Personal Trainer

Heidi has a special interest in empowering middle aged and older adults to live their best lives and stay independent. Enhancing mobility, strength and overall quality of life, she gives you the tools and motivation to stay active despite any limitations. Heidi believes strength in the gym translates to resilience for whatever life throws at you. She inspires clients to be thankful for what they are now and continue to fight for what they want to be tomorrow.

EDUCATION/CERTIFICATION

- MA, Public Administration
- ACE Certified Personal Trainer and Health Coach
- Delay the Disease, Parkinson's Certified
- Pilates Reformer Certified

SPECIAL INTERESTS

- Wellness Partner – Parkinson's Foundation Minnesota
- Injury recovery
- Kettlebell
- TRX



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Jennifer Wetteland

Personal Trainer

Jennifer enjoys being a part of that enthusiasm that comes from working with those individuals who are enhancing their commitment to their fitness journey and the joy she sees in those individuals as a result of improved daily activities of living life. Her specialty is teaching through technical skills and this is evident in her choices of specialty offerings such as detailed strength development, swimming stroke development and triathlon training.

EDUCATION/CERTIFICATION

- A.A.S. Health/Fitness, Minnesota School of Business
- NSCA Certified Personal Trainer
- BS Psychology, U of M

SPECIAL INTERESTS

- Strength Training
- Swimming and Triathlon performance
- Mattes- Active Isolated Stretching certified



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Kevin Heck Personal Trainer

Kevin grew up participating in athletics which naturally lead to recovering from sports related injuries. Learning to work around & through those injuries is what inspired him to work with individuals with similar experiences. He specializes in TRX, golf and soccer fitness. One of the most enjoyable parts of working with clients is to see them establishing preventative practices to last a life time and achieving fitness goals they've worked hard to build up to.

EDUCATION/CERTIFICATION

- BA Psychology, University of Wisconsin Eau Claire
- NETA Certified Personal Trainer
- NETA Certified Group Exercise Instructor
- TRX Suspension Training Certified
- NASM Senior Fitness Specialist

SPECIAL INTERESTS

- Assessment & Treatment of Muscle Imbalance
- Knee and hip joint replacement recovery
- Sports specific training
- Youth fitness
- Kettlebell



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