

Personal Trainers

Jen Mielke

Jen is a certified personal training through the American Council on Exercise (ACE). She also has been a certified group instructor for 14 years through the National Exercise Trainer's Association (NETA). Her specialties are Pilates, Silver Sneak-Active Older Adults, Strength Training, KickBoxing, Cycle, Bootcamp, and Mindful Movements. Jen really enjoys working with people of all ages: young adults up to the young at heart! Her favorite part of working with people is seeing each client's progression to becoming healthier and reaching their goals so they can live a better life!

Shannon Turek

Shannon is certified in Personal Training and a Group Exercise Fitness Instructor through National Exercise Trainer's Association (NETA). Shannon specializes in Kickboxing, Bootcamp, Strength Training, HIIT, and working with moms! Shannon really enjoys working with all ages and fitness levels, but is especially passionate about helping moms find the time to exercise and prioritize their health. Shannon loves helping people realize their potential and what they are capable of doing!

Emily Birdsall

Emily is certified in Personal Training through the National Exercise Trainer's Association (NETA) and is also a RRCA Running Coach. Emily's passion is helping others achieve their fitness goals, whether it's competing in a race or feeling fit and confident to tackle any life's adventures. Emily focuses on mobility and strength for creating a balanced and active lifestyle. In a small group or on-one-one, Emily will help you get to where you want to be.

Michael Natt

Michael is a certified Personal Trainer through the National Academy of Sports Medicine (NASM). He also has NASM certifications in Corrective Exercise, Sports Performance and Behavior Change, and a Senior Fitness Specialty certification through the National Exercise Trainer's Association (NETA). His mission statement is to: Help people become the best version of who they are. He is eager to share his knowledge and passion for health and fitness with others.

Rex Snyder

Rex is certified in Personal Training through American Council on Exercise (ACE). Rex is an avid golfer and played both soccer and tennis in college. He has a passion for anything with a kettlebell. Rex believes in a healthy lifestyle of exercise and clean eating. He loves encouraging people in achieving their exercising goals and is a stickler for good form.

Safari Island Community Center

1600 Community Drive
Waconia, MN 55387

Phone: 952-769-7950

E-mail: SWeidemann@waconia.org



**INDIVIDUAL
ONE-ON-ONE
PERSONAL TRAINING**



TODAY IS THE CHANCE TO CHANGE YOURSELF FOR THE BETTER.

You've invested in a membership to the fitness center. You're ready to improve your health. Become better at your sport. Gain muscle tone. Be challenged to push through those self-imposed limits.

Whatever your motivation, partner with our degreed personal trainers to set realistic, ambitious goals and develop a customized plan to reach them. By using our trained, experienced staff, you'll reach your objective faster and more safely than you could do on your own.

All of our trainers are certified by a nationally accredited personal training certification organization. We require this to ensure you receive the most up-to-date health information to maximize the results of your exercise program, your time and your investment. Non-members are welcome to participant in our program!

MEMBERS 1-ON-1 SESSIONS

Package Options	30 minutes	60 minutes
8 sessions	\$35	\$65
16 sessions	\$33	\$63
24 sessions	\$30	\$60
32 session	\$28	\$55
48 session	\$26	\$50

ONE FREE session INCLUDED with SI membership!

What does a FREE session entail?

You sit down with a certified personal trainer to discuss your exercise history, limitations and fitness goals. The trainer brings you through a workout that is **customized and personalized** to your fitness goals. If you have specific questions about equipment, they can answer those. This is a 60 minute appointment!

Schedule your FREE session TODAY!

LET US HELP TRANSFORM YOUR HEALTH.



Ready for change.

- Not sure how to start a fitness program?
- Bored with the same old workouts?
- Not seeing results with current workouts?
- Training for a sport or event?
- Need accountability and motivation to reach your full potential?
- Have a specific illness, injury or condition limiting your physical activity?

Everyone can use a little help with exercise sometimes —whether you're just starting out or you're a honed athlete. Our personal trainers will listen to your unique needs, bring new ideas to challenge your mind and body, and help you obtain the results you desire.

Schedule the first step.

Personal training sessions are available at a variety of time slots and price points for your convenience.

Non-members

Prices are available upon request. Please contact Sara Weidemann for more details.