



33rd Avenue & Division Street St. Cloud, MN 56301
www.midtownfitness.com 320-253-4990

2010 Personal Trainers' Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	9:00am – 11:30am Trainers' Available	9:00am- Noon Trainers' Available	9:00am – 11:00am Trainers' Available	8:00am – 10:30am Trainers' Available		9:00am – Noon Trainers' Available
	11:30am Beginning Pilates- Mat work FREE			11:30am – Noon Intermediate Pilates- Mat Work FREE		
Want to learn what Pilates is? Make an appointment with Sue during "Trainers Available" hours listed here.						
	5:00pm – 8:00pm Trainers' Available	5:00pm – 8:00pm Trainers' Available	5:00pm – 8:00pm Trainers' Available	5:00pm – 8:00pm Trainers' Available		

Class Descriptions

***Intro to Pilates- Appointment during scheduled trainers hours- FREE**

Designed for beginners to learn proper techniques before attending the beginning Pilates class. Pilates is for ALL ages to increase flexibility, develop strong abs and back for a long, lean body.

***Beginning Pilates- Mat work- FREE**

You will learn a series of exercises to feel stronger, leaner, more flexible and have a balanced posture. Do all this while you are lying down! Benefits begin immediately!

***Intermediate Pilates- Mat work- FREE**

This class will introduce more intermediate skills beyond the beginning mat work.

***Advanced Pilates- by appointment only and for a fee**

After attending a minimum of 24 beginning and intermediate Pilates' classes, you are ready to advance! This course will challenge you! Usually, one on one interaction and takes you to a level with use the Reformer, Ladder Barrel, Cadillac & Stability Chair.

Intro to weights and Equipment- appointments during scheduled trainers hours-FREE

New Members receive a FREE hour with a trainer to learn basics of fitness center. During this time, discuss your goals, ask any questions, try out different machines and weights, & learn to track your progress to achieve your goals. We're here to get you started!

Existing Members receive a FREE half hour with a trainer each quarter during trainer available hours. We encourage all members to use this time as a review/ update their program and monitor their progress.

Personal Training- by appointment only and for a fee

Intense one on one guided workout with your personal trainer. Length, content, and cost is determined on an individual basis. This takes you to the next level and provides you with the tools to achieve your ultimate goals.

Personal Trainers' Profiles

Below are brief descriptions of our Personal Trainers. To schedule an appointment with a Trainer, just stop at the front desk and our staff will assist you. Trainer Sessions Cards are available

Personal Trainers		
<p>Sue Hansen PT Director NFPT Certified AAHFP Certified ACE Certified ACE Certified Pilates 1, 2, 3 Specialties Post Rehab Sports-Specific</p>	<p>Krista P. Personal Trainer NFPT Certified Obtaining Pilates Renewal Certificate Specialties Pilates Sports Training Strength Training</p>	<p>Greg Drietz Personal Trainer NETA Certified Specialties Strength Training Sports Training</p>
<p>Sue loves to work with people to help them be in the best healthy shape they possibly can be. Working out can be fun!</p>	<p>Krista is interested in working with all ages, helping them to reach their goals. Her energy will inspire you! She has a heart of gold and truly loves her work & the people.</p>	<p>Greg says – "If you're not getting your desired results, you may not need to train harder, train smarter! Fitness is definitely quality over quantity!"</p>
<p>Mike Worden Personal Trainer NCSF Certified Specialties Sports Specific Martial Arts</p>	<p>Denise Molesky Personal Trainer NFPT Certified Specialties Massage Muscle Imbalances</p>	
<p>Mike loves working with people of all ages and needs. He has a Military & Martial Arts background that inspires an intense, but fun, workout!</p>	<p>Denise has a good understanding of anatomy and physiology. She can help you work through injuries and problems in a safe and effective manner!</p>	