

PERSONAL TRAINING

AT

INCLINE RECREATION CENTER



What is a Personal Trainer?

A personal trainer is a fitness professional who has a college degree in physical education or related field or is certified through one of the major fitness industry organizations. They are qualified to design and teach individualized fitness programs for all ages.

Is a personal trainer the right choice for me?

Personal trainers may seem like a luxury for a select few, but in reality their services are not only within easy reach, but extremely helpful to the everyday exerciser. Whether you are a novice seeking evaluation and encouragement or a seasoned athlete desiring specific training tips ... committing to a series of sessions with a personal trainer may be all you need to reach your goals.

What do I need to get started?

The desire to improve your physical condition and well-being. You don't need to be familiar with exercise technique or fitness equipment. Your trainer and you will work together to select the exercise program right for you.

For more information:

Contact us at (775)832-1350 or drop by
The Incline Village Recreation Center at
980 Incline Way, Incline Village, NV 89451
pandora_bahlman@ivgid.org

Why you should invest in Personal Training:

- Provides a safe, effective exercise program
- Provides extra motivation to exercise
- Investment in your "well-being"
- Creates good lifelong exercise habits
- Teaches proper form
- Attain your next level of fitness
- Provides tools to be successful
- Assists you toward your personal goals
- Helps in recovery from injury and illness

Ready to start training?

Call Pandora at (775) 832-1350, to discuss & select one of our qualified trainers:

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|------------------|-----------------|
| • Patt Aiello | • Robin Elley |
| • Jordin Cronin | • Shane Goddard |
| • Janice Cuadros | • Suzy Hustedt |
| • Linda DeMaria | • Sandy Soli |

We look forward to working with you!



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PATT AIELLO AFAA, REEBOK, NDEITA & HAYWARD STATE CERTIFIED PERSONAL TRAINER, GROUP & AQUA FITNESS INSTRUCTOR PLUS NAUI SCUBA CERTIFIED. Patt has always been involved in something that makes her move, jump, swing, rotate and breathe hard. She believes that everything one does in the gym or with group fitness should help make their life outside the gym more enjoyable. Simply put... SHE TRAINS FOR LIFE. In 1981 she started working professionally in the fitness industry. When she started in this business she took the advice of her husband who said, "If you want to make a difference, you better get involved." 30 plus years later Patt has one hope...that she has made a difference in the lives of all those who come and play with her on "Her Field."



JORDIN CRONIN, ISSA Certified Personal Trainer: Jordan Cronin is a Tahoe local raised in Incline Village, and was a four-time Nevada State Wrestling Champion for Incline High School. After graduating, Jordin pursued his interest in fitness training by studying and certifying with International Sports Sciences Academy (ISSA). Jordan is currently enrolled at Sierra Nevada College, studying Psychology. Jordan believes in individualized strength training and health programs that provide each person with exactly what they need to become a stronger and healthier.



JANICE CUADROS IFTA & ACE CERTIFIED PERSONAL TRAINER; GROUP & AQUA FITNESS INSTRUCTOR : Janice has lived in Incline Village area for years. Prior to joining the fitness staff at the Incline Village Recreation Center she was a medical technologist. As a medical technologist her background was to help people after they were sick. Now she enjoys helping people before they become ill or hospitalized. Fitness and exercise has always been a part of her everyday life and she likes helping to make it a part of other's lives. She invites everyone to live happier and healthier. Janice is an avid tennis player, skier, hiker and cyclist.



LINDA DE MARIA ACE CERTIFIED PERSONAL TRAINER; ACE, IFTA & SCW GROUP FITNESS STRENGTH CERTIFIED: Linda's thirty years of experience in group fitness and seven years as a personal trainer enables her to use insight and knowledge as a means to zero in on each client's core needs. A practical strategy for the best result has always been her approach to helping clients reach their fitness goals. Linda has maintained a very active lifestyle in Tahoe for thirty years including mountain biking, skiing, hiking, kayaking and ski skating. She says the key to her active life is regular structured exercise. Linda feels very fortunate to be able to work in a field that is so beneficial and uplifting.



ROBIN ELLEY ESA Personal Trainer, YogaFit levels 1,2 & 3, IFTA-aqua fitness & Yoga Away certifications: Robin has been a yoga practitioner since 1971, blending it with Pilates movements for 8+ years. Several years ago, Robin completed a personal trainer certification & started training for the Recreation Center. She specializes in Yoga and Core training and teaches all levels of fitness clients including children, new moms, back pain sufferers, and those with Parkinson's disease. Her objective is to teach strength and flexibility by enhancing a mind-body connection.



SHANE GODDARD, PERSONAL TRAINER *EXPERT RATING* CERTIFICATION Shane is a graduate of California State University, Chico with a BS Degree in Recreation Administration with an option in Community & Commercial Recreation. While at Chico, Shane played collegiate baseball and football. Upon graduation, he completed a well-rounded extensive recreation administration internship with Yuba City Parks & Recreation. He is currently supervises the Incline Village P&R Sports operation. Shane endorses and utilizes many methods of strength & cardiovascular training including: functional body weight, circuit, free weights, cable machines, flexibility, plyometrics, interval, TRX Suspension Training and more. Shane enjoys the personal training experience and witnessing participants maintain and improve their health.



SUZY HYSTEDT, MA, ACE PERSONAL TRAINER, IFTA AQUA FITNESS & BREATHWALK CERTIFIED. ZUMBA LICENSED AND MEMBER OF YOGA ALLIANCE WITH CERTIFICATIONS IN INTERGRAL, KUNDALINI, SIVANADANA, ANUSARA & FLOW YOGA: Suzy has a passion for play! Her energy, enthusiasm and creativity make all athletic and fitness endeavors fun! She feels that if there is joy in movement and activity it will naturally become an essential part of everyday living. Suzy encourages exploration and adventure in the outdoors and loves to take workouts to the beach or trail. If you are looking for motivation and encouragement to get moving, or need strategies for committing to a workout...Suzy will motivate you to meet your goals.



SANDY SOLI, AFAA CERTIFIED PERSONAL TRAINER AND IFTA AQUA FITNESS, ZUMBA & SPINNING CERTIFIED INSTRUCTOR Sandy has lived most of her adult life in Incline Village. She is an avid skier, hiker and mountain biker. Sandy has a passion for life, fitness and overall fun. She loves to motivate people!!! Her enthusiasm for fitness is infectious and attracts people to her classes and trainings. If you choose fitness and exercise as your path to a healthy life, but need some help, Sandy will assist you on your journey! She is very creative and enjoys developing and implementing new exercise and fitness programs for the Incline Village Recreation Center membership and community.

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