

## Education & Certifications:

- B.S. Computer Science & Math
- AFAA Certified Personal Trainer
- AFAA Certified Group Fitness Instructor
- AFAA Kickboxing Certified
- Arthritis Foundation Exercise Certified
- Body Pump Instructor Certified
- Peak Pilates Reformer Certified
- Silver Sneakers Certified
- Yoga Fit Certified
- CPR/AED/First Aid Certified

## Training Philosophy:

Fitness has always been an important part of my life and I have been teaching group exercise since 1989. I would love to help you get a good workout and feel good about yourself. I believe a workout should be safe, effective and fun--in that order. I would like to help you work hard enough that your workout is effective, but not so hard that you get hurt.

## Training Specialties:

- Active Older Adult Fitness
- Body Toning/Sculpting
- Core Strengthening (back injuries)
- Injury Prevention
- Interval Training
- Pilates/Pilates Reformer/Yoga

## Interests & Hobbies:

I love exercising and helping others exercise. I enjoy seeing people feel better about after a successful exercise program. I love anything outside-- skiing, hiking and spending time with my family.



## PERSONAL TRAINER



# Wendy Hood

Here to...

Help you reach  
your fitness and wellness goals!

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registration information.