

**Tim
Grell**



Education/Certifications

- Major: Bachelor of Science degree in Kinesiology-Exercise Science from the UW-Madison (1997)
- American College of Sports Medicine Certified Personal Trainer
- Certified Cancer Exercise Specialist University of Northern Colorado

Specializations

- Golf Performance Enhancement
- Sports-Specific Training
- Weight Management
- Cardiac Rehab
- Cancer Wellness

**Christian
Jensen**



Education/Certifications

- Major: Bachelor of Science degree in Exercise Science from UW-Oshkosh (2008)
- National Academy of Sports Medicine Performance Enhancement Specialist

Specializations

- Functional Strength
- Endurance Sports Training
- Adaptive Training
- Weight Management
- Cardiac Rehab
- Injury Prevention

**Jason
Infusino**



Education/Certifications

- Major: Bachelor of Science Degree in Exercise Science from Carroll College (2008)
- Certified Strength and Conditioning Specialist

Specializations

- Sports-Specific Training
- Weight Management
- Injury Prevention
- Strength and Power Training

**Stephanie
Kocejka**



Education/Certifications

- Major: Bachelor of Science in Exercise Science from UW-Eau Claire (1993)
- Stott Pilates Trained Mat & Reformer Instructor
- YogaFit Certified Instructor
- National Exercise Trainer's Association (NETA) certified Group Fitness Instructor, Core-dination

Specializations

- Weight Management
- Cancer Wellness
- Pilates/Yoga
- Pre-/Postnatal Health and Wellness
- Sports-Specific Training - running, road/mountain biking, tri or duathlons

**Jan
Mayer**



Education/Certifications

- NASM, NETA Certified Personal Trainer
- NASM certified Corrective Exercise Specialist
- NETA certified Group Fitness Instructor
- YogaFit certified Instructor

Specializations

- Corrective Exercise
- Two-on-One or Small Group Training
- Weight Management
- Personalized Workout Programs



**Mark
McCartney**



Education/Certifications

- Major: Bachelor of Science degree in Health Promotion/Wellness from UW-Stevens Point (2003)
- Minor: Coaching
- NASM certified Personal Trainer/Corrective Exercise Specialist/Performance Enhancement Specialist

Specializations

- Core & Strength Training
- Adult Populations
- Wrestling

**Laura
Nourigat**



Education/Certifications

- NETA certified Group Fitness Instructor
- NETA certified Personal Trainer
- NETA certified Yoga Instructor
- American Heart Association CPR

Specializations

- Weight Management
- Resistance and Strength Training
- Personalized Workout Programs
- Group Fitness
- Personal Training

**Jenny
Wisneski**



Education/Certifications

- Major: Bachelor's degree in Education from UW-Green Bay (2006)
- NETA certified Personal Trainer
- NETA certified Group Fitness Instructor
- SCHWINN certified Cycling Instructor
- American Heart Association CPR, First Aid
- P.A.C.E.

Specializations

- Sports-Specific Training
- Youth Strength Training
- Weight and Resistance Training
- Core and Stability Training
- Weight Management

**Kari
Scheelk**



Education/Certifications

- Major: Bachelor of Science degree in Athletic Training from Carroll College (2008)
- Licensed Athletic Trainer
- Certified Strength and Conditioning Specialist
- American Heart Association CPR/AED/First Aid

Specializations

- Treatment and Rehabilitation of Injuries
- Functional Strength
- Injury Prevention
- Sports-Specific Training
- Weight Management

