

Tim
Grell



Education/Certifications

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

Specializations

- Golf Performance Enhancement
- Sport Specific training
- Weight Management
- Cardiac Rehab
- Cancer Wellness

Christian
Jensen



Education/Certifications

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

Specializations

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

Stephanie
Kocejka



Education/Certifications

- Major: Bachelor of Science in Exercise Science from the University of Wisconsin-Eau Claire (1993)
- Stott Pilates Trained Instructor, YogaFit certified Instructor
- National Exercise Trainer's Association (NETA) certified Group Fitness Instructor, Core-dination
- Resist-a-Ball certified Levels 1-5
- YMCA of the USA certified in: Strength Training, Healthy Back, Active Older Adult, Fitness Leader
- BOSU Integrated Balance Training
- American Heart Association CPR, First Aid

Specializations

- Pre/Post Natal Health and Wellness
- Pilates/Yoga
- Weight Management
- Sport Specific Training - running, road/mountain biking, tri or dualthlons

Jan
Mayer



Education/Certifications

- NETA certified Group Fitness Instructor
- NETA certified Personal Trainer
- YogaFit certified Instructor
- NETA Pilates Instructor
- Aerobics & Fitness Association of American (AFAA) certified Kickboxing Instructor
- Resist-A-Ball
- Active Living Everyday™
- SilverSneakers™
- BOSU Integrated Balance
- American Heart Association CPR

Specializations

- Two-on-One or Small Group Training
- Weight Management
- Group Fitness classes
- Goal setting and motivation tools

**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

**Chrisann
Walsh**



Education/Certifications

- NETA certified Personal Trainer
- ICS Fitness & Nutrition
- YogaFit certified Instructor
- Resist-A-Ball
- Mat Science
- BOSU Integrated Balance
- NETA Core-dination
- Aerobics & Fitness Association of American (AFAA)

Specializations

- Weight Management
- Cancer Wellness
- Strength Training
- Core and Stability Training
- Goal Setting and Motivational Tools

**Jenny
Wisneski**



Education/Certifications

- Major: Bachelors Degree in Education at the University of Wisconsin-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