

Sherri Goering

Introduction

I love working as a personal trainer and fitness instructor and I want to get others excited about exercising. It is hard to get motivated to exercise if you aren't sure which exercises are best for you or you haven't gotten the results from exercise that you wanted or expected. Often people stop exercising because it hurts due to an injury or just plain doing the exercises wrong. With some coaching, I can help you get the results you want and help you get excited about exercising. Exercise can be some of the best medicine and will definitely improve your quality of life.

Qualifications

B.S. Kinesiology (Preventative and Rehabilitative Exercise)
American College of Sports Medicine Certification
American Council on Exercise Certification
Polestar and Physical Mind Institute Pilates Certified
Resist-A-Ball Certification
Certified Muscle Activation Specialist

Experience

I have been a personal trainer and teaching fitness classes for over 25 years. I have experience working with both men and women, seniors and adolescents, beginner exercisers and competitive athletes. I work a great deal with people who have both acute and chronic injuries. I have been involved with post rehab with many of the physicians, physical therapists and chiropractors in this area. I have also had many successes with clients losing weight.

Specialties

My specialty is working with the biomechanics of the body. I teach functional fitness and core strengthening of the body. I have had great success with people with back, neck, shoulder and knee injuries. I truly enjoy working with all types of populations and all types of fitness and wellness programs.



PERSONAL
TRAINER