

Susan Retzlaff

CERTIFIED PERSONAL TRAINER

N.A.S.M. National Academy of Sports Medicine, C.P.T.

Completed A.C.E. American Counsel on Exercise Home Study

American Red Cross Standard First Aid certified

American Heart Assoc. Adult, Infant and Child, AED, CPR certified

Youth Weight Training Instructor



Being a fitness enthusiast, I would like to share my passion with you. I'm interested in working with individuals of all fitness levels who would like to challenge themselves to a healthy life style through exercise.

My training with ACE and NASM has focused on:

- ✓ STRENGTH & TONING to increase lean muscle mass
- ✓ CARDIOVASCULAR TRAINING / WEIGHT MANAGEMENT
- ✓ CORE STABILAZTION to strengthen abdominal and back muscles
- ✓ MUSCULAR IMBALANCE ASSESSMENT to give corrective exercises to improve posture, balance, and body awareness
- ✓ FLEXIBILITY

Your training program will be designed based on your goals, fitness level, and time commitment. I can help you get started with an initial program or update your existing skills!

CEC'S : WOMEN & WEIGHT LOSS

STABILITY & MEDICINE BALL EXERCISES FOR THE SPINE

STRENGTH & ATHLETIC CONDITIONING FOR PERSONAL TRAINERS

I would be happy to provide you with a free consultation and work with you to attain your fitness goals! Train with a partner and share the cost!

(920) 387-4253