

Personal Training

Monica Wirtz

W.I.T.S.

Certified Personal Fitness Trainer

BFIT

Certified Group Fitness Instructor

USA GYMNASTICS

National Safety Certification

CPR Certified

**Strength Training/
Body Sculpting**

Cardiovascular Training

Specific-Sports Training

Weight Loss Management

Flexibility Training

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Monica offers training services for the following fitness specialties:

Strength Training, Body Sculpting:

Building strength and muscle is a gradual process. It's also an awesome way to mold and shape your body. Participation in a safe and effective strength training program will help you reach your goals, and burn calories for up to 48 hours after that work out.



Cardiovascular Training: A key to improving your overall health is to do some form aerobic conditioning exercise at least 3-6 days a week. It doesn't matter if you're interested in running, walking, or jumping – participating in a heart pumping sustain aerobic exercise is necessary for optimum health. And, if you don't know how to compute your target heart rate, Monica will show you step by step and explain the benefits.



Specific-Sports Training: Training for a sport? We will help you identify the specific muscles that are used in your sport and which exercises you should utilize in your training. Monica's instruction and guidance will develop and strengthen the muscle groups that are directly related to your sport. Her goal is to help you achieve your maximum potential.



Weight Loss Management: Are you enrolled in a weight loss clinic? Monica will work together with your weight loss team to devise a plan of physical activity that fits into your schedule. There is no need to try to do it alone!



Flexibility Training: Having a difficult time reaching or getting into some of those yoga poses? Learn the fundamentals of stretching, and how to get the most out of your workout. This method of training also helps balance muscle groups that might be overused during exercise or physical activity.

All personalized exercise programs begin with a consultation to discuss your individual goals, previous experience, and medical background.

This approach to personal training is sure to benefit anyone, at ANY age, and in ANY physical condition.



Clients will fill out a health history questionnaire/activity history, so a safe and effective routine can be created.

Considering every body is different, no *one* program is designed the same.

***Available to Members &
Non-members**