

Personal Trainer

Lori Schmidt

I Can Help You

- Establish and reach your physical fitness goals
- Improve your strength, endurance, and self esteem
- Increase your energy and quality of life
- Improve overall health and well-being and decrease your risk for long term health issues

Areas of Specialty

- Geriatrics
- Cardio-pulmonary maintenance
- Post rehabilitative
- Overall strength and conditioning in all populations
- Sport specific stretching
- Golfers
- Injury reduction for all of the above
- Women 40+



Emphasis/Philosophy

- Using my knowledge and experiences to develop a challenging yet safe exercise program that is fun, effective and specified to clients needs
- Functional training to enhance ability to perform every day tasks

Qualifications

- Masters of Science, Health and Exercise Science, Wake Forest University
- Bachelor of Science, Kinesiology, James Madison University
- American College of Sports Medicine, Certified Health Fitness Specialist
- American College of Sports Medicine, Certified Clinical Exercise Specialist
- American College of Sports Medicine Certified Cancer Exercise Trainer

Personal Note

- Exercise does not have to be a task you check off your “to do” list, but it can be an enjoyable part of your every day life. It should be fun, and I’d like to help make it fun for you!

If you are interested in working with this Personal Trainer please complete a Personal Training Questionnaire at the front desk or contact the Personal Training Coordinator at (727) 580-1870.