

# *Coors Core Fitness*

## *A Medical Exercise Studio in Anderson Twp*

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### **Credentials:**

- ◆ All Personal Trainers who conduct one-on-one sessions, must hold a current nationally accredited Personal Training Certification from either the American Council on Exercise (ACE) or National Academy of Sports Medicine (NASM). These certifications are sanctioned by the NCCA, an organization that approves numerous other certification agencies like the American Medical Association.
- ◆ All Personal Trainers and Group Exercise Instructors must hold a current CPR/AED Certification.
- ◆ All clients are required to have a medical release (provided by CCF) signed by their Internal Medicine physician and Specialists. Anyone being referred by a physical therapist needs a list of exercises and contraindication provided by that particular PT.

### **Services Provided at Anderson Studio:**

- ◆ One-on-One sessions with Certified Personal Trainer (30 minute and 1 hour)
- ◆ "Split 2"- 2 clients can split the cost of sessions (1 hour only)
- ◆ Small group trainer of 3-4 people (1 hour only)

### **Services at Request of Client outside of Anderson Studio:**

- ◆ Corporate fitness programs (we come to your work)
- ◆ Outdoor specialized training: distance running, sport specific training, etc.
- ◆ Tabata at Ault Park (Summers Only)

### **Areas of Specialty:**

- ◆ Weight Management
- ◆ Sport Specific Training (all ages)
- ◆ General Fitness
- ◆ Pre-Natal and Post-Partum
- ◆ Chronic Disease Management: Parkinson's Disease, Multiple Sclerosis, Diabetes and Cancer
- ◆ Post-Rehabilitation: Shoulder, Back, knee or hip dysfunctions and/or replacements.



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