

Testimonials

“After years of being in and out of physical therapy for scoliosis and degenerative disc disease, I came to Jenna for weekly strength training. I appreciated the level of thought and care Jenna put into my workouts. She also emailed me each weekly series so I could repeat it on my own at home. Though it wasn't my initial goal, I also built core strength which drastically lowered my injury rate. I am thankful for Jenna's patience with me and how she has challenged me in a supportive way! More than any other method I have tried, working with Jenna has helped me build strength and virtually eliminate my chronic pain.”

~Carleton Staff Member

Visit us online:

<http://apps.carleton.edu/MindBodySpirit/>

Thad Caron
612-710-5818
thadsfitness@gmail.com

A.S. Degree in Sports & Exercise Science
Specialties: weight loss, sport training, functional training, boot camp training, and cross fit.

Certifications: NETA—Boot Camp; ACE—Personal Trainer.

Jenna Kuhlman
952-288-5454
jenna12believe@gmail.com

Bachelor of Science in Kinesiology Masters of Education in Exercise Science.
Specialties: weight loss, sport specific training, overall fitness improvement, and group fitness.

Certifications: NASM—CPT; NASM—PES; USPTA

Landon Shroyer
507-649-0814
landon.shroyer@gmail.com
Bachelor of Arts in Health Fitness & Exercise Science.

Specialties: sport specific training and functional training.

Certifications: Sports Performance Assistant @ Explosive Edge Athletics; Sports Performance Intern @ Performance Athletics.

Laura DeGroot
507-301-1467
pureblendbarbend@gmail.com

Certifications: Advanced Sports Performance coach, USA Weightlifting, Yin Yoga Instructor, Sports Safe USA Weightlifting, Olympic Weight Lifting Coach.

Specialties: Owner of Pure-Blend-Bar-Bend to work with all levels of athletes grow mentally, physically, and spiritually.

LifeStyles Fitness



LifeStyles Personal Health and Fitness

If you are new to the program contact Life-Styles Administrator Mikki Showers (x4481), to get started. If you are a returning participant, contact your trainer directly to begin a new year of fitness. You should also begin thinking about your fitness goals and any limitations you may have. Understand that your program can be tailored to your individual needs, which makes this program so unique.

The LifeStyles Personal Health and Fitness Program is designed for all members of the Carleton College community. Whether you are a student, faculty or staff member, retiree, alumnus, spouse, partner or dependent, our goal is to help you achieve your desired fitness level and to be a resource for an active, healthy, and fulfilling lifestyle. The well-being of the Carleton community is important.

Corporations with implemented corporate fitness programs have seen benefits in various formats; from the increase in morale and productivity, to a significant return on investment as a result of a decrease in health expenditure. Noteworthy is that a successful program starts with company leaders who engage in fitness programs and lead by example.

“Benefits of Health Promotion Programs,” *Centers for Disease Control and Prevention*. October 23, 2013. www.cdc.gov/workplacehealthpromotion/businesscase/benefits/

“Wellness Programs,” *Society for Human Resource Management*. March 25, 2015.



Visit us online:

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Small Group Fitness Rate

Great for students who want to get fit with a group of friends!

Have fun by working out with a partner or in a small group to achieve your fitness goals. Small group fitness provides accountability, motivation, support, and determination that helps to ensure success. In addition, group fitness rates are less expensive for students than an individual session.

Price List

STUDENTS

Individual Session	\$20.00
Group Rate	\$13.00
Package (5 Sessions)	\$90.00

FACULTY/STAFF

Group Rate	\$15.00
Individual Session	\$25.00
Package (5 Sessions)	\$115.00
Package(10 Sessions)	\$225.00

SPOUSES/ PARTNERS/ ALUMNI

Individual Session	\$35.00
Group Rate	\$25.00
Group Package (10 sessions)	\$200.00
Individual Package (5 Sessions)	\$165.00
Individual Package (10 Sessions)	\$300.00