



Biography: Having moved from NY in search of a healthier lifestyle & environment, Wendy has been involved in water & fitness her entire life. A former competitive swimmer, she started teaching swimming

lessons and Water Fitness after years in a corporate career. A lifetime competitive runner she believes that cross-training, water & land, can help us all acheive "Fitness for Life!" She leads the Running Group Run 4 UR Life! here in Portland that runs marathons, as well as many 1/2 marathons & fun runs. She also teaches BarreBodies, which is a Bar Method land fitness class utilizing the ballet barre, balls & weights.

Philosophy: What Wendy really loves is connecting with the people she teaches & instilling a positive lifestyle & attitude! She also feels humor & socializing are important aspects of great health.

Certification/Training:

- United States Water Fitness Association Aquatic Fitness Master Personal Trainer
- AEA Water Fitness Instructor
- Run 4 UR Life! Running Group
- BarreBodies Instructor
- Writer for Walkabout Magazine & AKWA Magazine
- Foot Traffic Women's Academy Program Director

To schedule an appointment call 503.823.2854 Southwest Community Center • 6820 SW 45th AVE, Portland, OR 97219

One on One Personal Training

Would you build a house without a blueprint? Of course not! So why would you try to construct the body you desire without a professional plan? Personal training gives you the opportunity to find real, achievable goals and to meet those goals in a safe and timely manner. Our excellent training staff will motivate you to make a fresh start, and reach new levels in your fitness.

FEE: \$45 for one 1hr session \$115 for three 1hr sessions \$210 for six 1hr sessions

Group Personal Training

Get your body looking great, and do it with friends! We offer group personal training sessions for up to four people at a time. Sessions are one hour long.

FEE: \$30 each for 2 people \$20 each for 3 people \$15 each for 4 people

Thank you for choosing SWCC's Aquatics to promote your physical and mental well being!





