



GRETA GILDEMEISTER

DEGREES & CERTIFICATIONS

- NETA Certified Personal Trainer
- CPR/AED & First Aid Certified

SPECIALTIES & AREAS OF EXPERTISE

- Circuit Training
- Strength and Conditioning
- Flexibility and Mobility
- Athletics/ Sports Specific/ Human Performance
- Mind-Body Fitness
- Weight Loss

HOBBIES & INTERESTS

- Traveling and experiencing new cultures
- Playing/watching basketball
- Hiking with friends and family
- Hunting and fishing
- Cooking and Baking

TRAINING PHILOSOPHY

"Fitness is about so much more than just exercise. It's a catalyst for positive change, and it affects every aspect of your life."

"It's not about being the best. It's about being better than you were yesterday."

"If something stands in between you and your success, move it. NEVER give up."

