

Personal Trainers

Jen Mielke

Jen is a certified personal training through the American Council on Exercise (ACE). She also has been a certified group instructor for 14 years through the National Exercise Trainer's Association (NETA). Her specialties are Pilates, Silver Sneak-Active Older Adults, Strength Training, KickBoxing, Cycle, Bootcamp, and Mindful Movements. Jen really enjoys working with people of all ages: young adults up to the young at heart! Her favorite part of working with people is seeing each client's progression to becoming healthier and reaching their goals so they can live a better life!

Shannon Turek

Shannon is certified in Personal Training and a Group Exercise Fitness Instructor through National Exercise Trainer's Association (NETA). Shannon specializes in Kickboxing, Bootcamp, Strength Training, HIIT, and working with moms! Shannon really enjoys working with all ages and fitness levels, but is especially passionate about helping moms find the time to exercise and prioritize their health. Shannon loves helping people realize their potential and what they are capable of doing!

Emily Birdsall

Emily is certified in Personal Training through the National Exercise Trainer's Association (NETA) and is also a RRCA Running Coach. Emily's passion is helping others achieve their fitness goals, whether it's competing in a race or feeling fit and confident to tackle any life's adventures. Emily focuses on mobility and strength for creating a balanced and active lifestyle. In a small group or on-one-one, Emily will help you get to where you want to be.

Michael Natt

Michael is a certified Personal Trainer through the National Academy of Sports Medicine (NASM). He also has NASM certifications in Corrective Exercise, Sports Performance and Behavior Change, and a Senior Fitness Specialty certification through the National Exercise Trainer's Association (NETA). His mission statement is to: Help people become the best version of who they are. He is eager to share his knowledge and passion for health and fitness with others.

Rex Snyder

Rex is certified in Personal Training through American Council on Exercise (ACE). Rex is an avid golfer and played both soccer and tennis in college. He has a passion for anything with a kettlebell. Rex believes in a healthy lifestyle of exercise and clean eating. He loves encouraging people in achieving their exercising goals and is a stickler for good form.

Safari Island Community Center

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BUDDY & SMALL GROUP

PERSONAL TRAINING



Small Group Training

Small Group Training offers clients the enthusiasm and encouragement from a group environment while still getting personalized attention and fitness routines tailored to each individual's needs and goals! You can request small group Yoga, Pilates, Boot Camp, H.I.I.T, or even Iron Fit customized workouts! Talk to one of Safari Island's certified trainer's today to see if Small Group Training is right for you!

Small Group Training consists of 3-5 participants

Package cost is split between all participants

PACKAGES

BUDDY: 30 MINUTES

Package Options	Cost per Session	Monthly Cost
8 sessions	\$45	\$360
16 sessions	\$43	\$344
24 sessions	\$40	\$320

BUDDY: 60 MINUTES

Package Options	Cost per Session	Monthly Cost
8 sessions	\$85	\$680
16 sessions	\$80	\$640
24 sessions	\$75	\$600

SMALL GROUP: 30 MINUTES

Package Options	Cost per Session	Monthly Cost
8 sessions	\$55	\$440
16 sessions	\$53	\$424

SMALL GROUP: 60 MINUTES

Package Options	Cost per Session	Monthly Cost
8 sessions	\$105	\$840
16 sessions	\$100	\$800



Buddy Training

Buddy Training is ideal for anyone who enjoys working out with friends! Individuals with similar goals and who enjoy the same kind of workouts will greatly benefit from Buddy Training. Friends benefit from working out together in numerous ways: motivation, commitment, and social interaction. So grab your best friend and sign up for Buddy Personal Training!

Buddy Training consists of two participants

Package cost is split between participants