



Meet Sydney

Sydney is a ACSM (American college of sports medicine) certified personal trainer. She has a bachelor's degree in sports and fitness management, coupled with a masters degree in community medical dietetics. She enjoys; hiking, camping, sewing/crafting, reading, and family time with her son. Sydney specializes in functional fitness, weight management, active older adults, and post-partum training. She looks forward to motivating and guiding clients to become the healthiest version of themselves.



Meet Brandon

Brandon has his bachelor's degree in health exercise rehabilitative sciences - kinesiology. He specializes in correcting muscular imbalances and functional training for active older adults. He is a former NASM (National academy of sports medicine) certified personal trainer, and currently certified through ACE. In his free time he enjoys; camping, hiking, fishing, and playing sports. In college he played lacrosse for Winona State University.