

PERSONAL TRAINING AT THE REC CENTER



RINDA EASTMAN has a Bachelor of Science degree in Exercise Science from Northern Arizona University and is a certified personal trainer with the National Council on Strength and Fitness (NCSF). She also is certified in indoor cycling, Bosu ball training for athletic performance and group fitness, and is working on becoming certified in sports nutrition. In addition, Rinda works part-time as adjunct faculty at Northwest College where she teaches diet and exercise, movement core, intro to kinesiology and health promotion, wellness, weight training and conditioning, and personal training.

Fitness has always been an important part of Rinda's life. She is an ultra runner and has been racing for the past six years. "Total Fitness" is her motto and she believes that fitness training should lead to an overall higher quality of life. Her knowledge and passion shows in her training and she truly cares about helping her clients reach all their fitness needs.

Rinda can customize a training program for individual training goals and needs. She is committed to leading a healthy and physically active lifestyle. If you are interested in becoming a runner or taking your running to the next level or if you just need a qualified, caring personal trainer, contact Rinda -- she will help you achieve total fitness!



AMY REBECCA JONES has been in the health and wellness field for nearly two decades and loves it! She is thrilled to be part of each client's journey to becoming the best that they can be, physically and emotionally, through exercise and dedication to self.

Amy is a certified personal trainer who specializes in working with women. She has certifications in yoga, spinning, nutrition and exercise development. In addition, Amy has been honored to work with individuals with special needs, such as autism, cerebral palsy, down syndrome, etc. She also is a Certified Trainer of Special Populations, which includes those individuals living with multiple sclerosis, Parkinson's, high blood pressure, diabetes, and other concerns.

Amy looks forward to helping her clients achieve all of their fitness goals. If you are interested in working with Amy, please visit with the Front Desk staff for more information.



DAVID SECHRIST is a certified Specialist in Exercise Therapy and a Certified Fitness Trainer with the International Sports Sciences Association. He also is a certified Healthcare Provider by the American Heart Association.

David has more than 14 years experience in various healthcare settings, including physical therapy, cardiac rehabilitation (phases I & II), human performance laboratory, and clinical laboratory. He also has 15 years experience as a fitness professional with an emphasis in paralysis, cardiac rehab (Phase IV), stroke, adult fitness, arthritis, rehab of various nature (with MD/PT clearance), stress management, weight management and nutritional counseling, youth fitness, and athletic performance.

David is eager to work with you to help you meet your fitness and health goals. Contact the Front Desk or call 587-0400 to schedule an introductory consultation with David today!