

# VETERANS MEMORIAL COMMUNITY CENTER

# PERSONAL TRAINERS

## CONTACT DETAILS

acrary@ighmn.gov  
651-554-3426

Amy Crary is a certified fitness instructor, personal trainer and wellness coach with 27 years of experience in the fitness industry and 18 years as the fitness coordinator at the VMCC.



**“Personal training has greatly improved my health and well-being. I went from a size 40 to a size 32 in nine months! Amy and I work together as a team to craft a program that is effective and fun.”**

— GARY

# Amy Crary

## PERSONAL TRAINER



## Personal Summary

Amy loves outdoor activities, including biking, running, rollerblading and skiing. She has completed several ten-mile and half-marathons.

Amy specializes in working with those with injuries. She assesses people's posture, biomechanics, lifestyle and goals, and then designs a unique program based on the assessment. Amy believes in focusing on the whole picture of health, mind, body and spirit. All clients start with core stabilization exercises and progress from stable environments to unstable. She loves utilizing the pool, TRX, yoga, stability balls and agility exercises, so the client is prepared for any of life's challenges.

Let Amy inspire you to better health today!

## Core Skills

- ACE Certified Personal Trainer
- Yoga Fit Certified
- YogaFit hours
- AEA Certified Aquatic Trainer
- Arthritis Certified
- Specialization: Injury Rehab
- Fitness Coordinator
- TRX, Kettlebell, Pilates, Tai Chi Certified
- 27 years of experience

CALL OR EMAIL AMY TO SET UP YOUR APPOINTMENT



11.27.22