

VETERANS MEMORIAL COMMUNITY CENTER

PERSONAL TRAINERS

CONTACT DETAILS

awest@ighmn.gov
651-554-3420

“EveryBODY is unique and should be treated as such!”

— ANNE

Anne West is a certified personal training, corrective exercise and posture alignment training with 12 years of experience in the fitness industry and been a part of the VMCC personal trainer team for one year.



Anne West

PERSONAL TRAINER & POSTURE SPECIALIST



Personal Summary

Anne has over 12 years of experience in personal training, corrective exercise and posture alignment training. Her specialty is addressing muscle imbalances, joint dysfunction, and restoring pain-free functional movement in the body. Her goal with each client is to enhance their fitness by giving an individualized and customized exercise plan. Each unique program is tailored to the individual to improve strength, balance, stability and flexibility in everyday movement through life. Anne works in various forms with individuals of all ages and fitness levels.

Anne enjoys being active and moving. In the gym, she loves HIIT classes, strength training and kickboxing. She loves hiking and being in nature. Anne has a passion for the mountains and downhill skiing. She also loves art, design and studying and speaking French! She loves to travel and has explored all over the world, meeting amazing people from different cultures and walks of life.

Core Skills

- Posture Alignment Specialist (PAS) —The Egoscue Method
- National Academy of Sports Medicine:
 - Corrective Exercise Specialist
 - Certified Personal Trainer
 - Senior Fitness Specialist
 - Fitness Nutrition Specialist
- 12 years of experience

CALL OR EMAIL ANNE TO SET UP YOUR APPOINTMENT

