

## The Center for Fitness

# OUR STAFF

**Cathy Ermis** is certified in both Personal Training and Group Fitness through the American Council on Exercise. She also holds certifications in Biomechanics of Strength Training from the Cooper Institute and Pilates Mat through the Stott Program. She brings over 30 years of experience in the fitness industry, specializing in wellness and weight and lifestyle management. Cathy works with a variety of clients in cardio, strength, flexibility, Pilates, balance, postural issues, post rehab, basic nutrition, and stress management. She has a great gift of assisting others in unlocking their personal best in mind, body, and spirit.

**Kathy Andrews** is Certified Personal Trainer with the National Academy of Sports Medicine. Her 19 years of experience includes 14 years as Fitness Director for a local facility. Kathy is also currently certified with AEA Aquatic Exercise Association as an Aquatic Fitness Professional and Aquatic Personal Trainer Specialist and holds a Special Populations Certification with the Cooper Institute, equipping her to work with auto immune diseases, pregnancy and obesity. She is certified in kick boxing, indoor cycling, Pilates Mat, TRX, and weight management. She facilitates two area Boot Camps that support our Military and has a passion to fight the national obesity epidemic. She loves to hold workshops on myofascial releases, weight loss management, and Balancing Your Life Style!

**Jody Shanks Robeson** is a Physical Therapist, PT, DPT, in addition to a PMA certified Pilates Instructor. She is currently focusing her personal training on the Pilates Reformer and Cadillac, as well as teaching water aerobics. Her unique set of credentials makes her well suited to address alignment and joint issues. Her clients appreciate her in-depth knowledge of body mechanics as well as her personalized approach to strengthening the body through safe and effective exercises.

**Jane Garbish's** passion for running and marathon training led her to a Cooper Institute Personal Training Certification in 2006. She has since received two more Cooper Certifications as a Fitness Specialist for Older Adults and in Biomechanics of Strength Training. She currently teaches PUMP Pilates/Barre Classes, a challenging workout encompassing strength training, core work and leg sculpting, and has recently become a Certified Golf Fitness Professional from the Titleist Performance Institute. Let Jane help your golf game become safer and more effective!

**Kathy Sears Hall** is a Cooper Institute Certified Personal Trainer and a Fletcher Licensed Provider in 6 techniques, including Pilates Mat and Reformer. Fitness has been a lifetime hobby for her, seeing first hand the positive influence her mother Gail Sears, founder of The Center for Fitness, had on hundreds in the community over the past 40 years. While Gail was blazing the trail, earning among the first certifications offered from the American Council on Exercise, The Cooper Institute, and Fletcher Pilates, Kathy used her University of Texas accounting degree and CPA certificate to build a 27 year career in the energy industry. She and her husband Charles moved back home to the Hill Country in 2007, where she turned her hobby into a second career. Having had 2 back surgeries herself, she now enjoys helping clients reduce back pain and improve their posture, balance, and flexibility through work on the Pilates Reformer in addition to various pieces of strength and balance equipment.

**Ken Marshall** began his career in personal training in 2010 with a certification through American Council on Exercise, allowing him to do something he is passionate about and something he truly enjoys. Ken's parents were in the medical field, so it was natural for him to want to help others and have the desire to assist individuals in achieving a healthier lifestyle. Ken graduated from high school in 2003 from O'Connor H.S in Helotes, TX and Western State Colorado University in Gunnison, Colorado in 2007 with a Bachelor's Degree in Business Management. He is a Senior Fitness Specialist, Golf Conditioning Specialist and Orthopedic Injury Specialist. He also specializes in strength and conditioning, fat loss and injury prevention, and has helped male and female clients from ages 12 – 90. Some of Ken's other interests include motorsports (motorcycles, trucks, cars and boats) as well as stock market analysis, live music and sporting events. His clients appreciate the fact that he practices what he preaches and loves meeting and working with new members. Allow Ken to help you today!

For **Susi Czarnek**, personal training and fitness is all about the individual. Each person has unique needs to be considered when designing an exercise and nutrition program. Which is why her motto is "Individualized Fitness for Your Life". Susi is certified as a personal trainer with National Academy of Sports Medicine; a nutrition specialist with Precision Nutrition; and as a yoga instructor I and II with SCW Fitness. She uses a multi focal approach to assess and design a program that fits in your life.

An avid cyclist, Susi retired her racing license and coaching license with USA Cycling in 2013 after earning 5th in the Texas State Time Trial. Family members claim she has been teaching people to ride bikes as soon as she learned to ride. And is was teaching new cyclists to ride where she learned she wanted to become a personal trainer. Susi works with client with a variety of fitness and health challenges and with all ages.

Susi enjoys long bike rides and long walks with her husband and their 3 dogs.

**Rick Trzcinski** began studying yoga in 2007 and received his registered Hatha Yoga Teaching Certification in 2009. A member of the International Association of Yoga Therapists (IAYT), he is currently in the Yoga Therapy Teacher Training Program at Yoga Yoga of Austin and is an E-RYT 200 YA registered Yoga Teacher with Yoga Alliance, on track to earn his RYT-500 hour certification in April of 2015.

Rick is active in numerous Veterans Organizations, including the Sons of the American Legion and Veterans Assistance Dogs of Texas. He is a member of Yoga for Vets.org, a network that offers Veterans four free yoga classes to encourage them to try it out. His training with the Veterans Yoga Project equips him to teach yoga to Veterans with PTSD and Trauma. Rick has been teaching weekly chair/wheelchair yoga at the Kerrville VA to the Alzheimer's/Dementia patients since 2010.

A certified Matrix Energetics practitioner and group leader, Rick teaches group classes for all levels of experience and is available for private yoga therapy lessons as well. He is looking forward to sharing with you what can be a life changing experience, as yoga has helped changed his life dramatically!

**Corinne Gandy** was raised in a military family and served in the United States Air Force from 1976-1980. She has lived in many places but has called Kerrville her home since 2008.

After practicing yoga for 15 years, Corinne studied the Ashtanga and Power yoga styles, becoming an instructor in 2013. Her teaching style is an eclectic blend of NIA, Hatha, Vinyasa and Power Flow. She attained her registered yoga teacher (RYT 200 YA) certification in 2014 from the Living Yoga Program of Austin. She is a member of Yoga Alliance and the International Association of Yoga Therapists (IAYT).

Yoga became part of her life after competing in many marathons and triathlons, as a compliment to her endurance and strength training. While raising two sons and working full time, she qualified and competed twice in the Hawaiian Iron Man Distance Triathlon as well as the Boston marathon, placing in the top 5 to 10 women and winning her age group many times over!

Corinne received her Bachelors of Science Degree in Psychology from California Coast University 2003. She is an Action and Nesta certified Personal Trainer and is presently working toward ACE and Cooper Institute Personal Training Certifications. She is an ACE Certified Group Fitness Instructor, Life Time Academy Professional Fitness Specialist – Group Fitness Instructor, and Spinning Certified Instructor through MADD DOGG Athletics.

Corinne has always wanted to get into Personal Training and now has combined that with a solid Yoga background. Her goal is to give back all she knows about living a healthy life style, balanced with yoga and fitness.