



WENDI COFFMAN STANLEY

ACSM Personal Training
AFAA Group Exercise Instructor
Mad Dogg Certified Spinning
TRX Certified
Silver Sneakers Certified
ACSM Cancer Exercise Specialist
ACSM/ACS Certified Cancer Exercise Trainer

SPECIALIZATIONS

Cancer Exercise Trainer
Back Care
Core Strength
Flexibility
TRX

A NOTE FROM WENDI...

Strength and fitness should be a way of life and my goal is to share this passion with my clients. Whether trying to tone and lose weight, or gain strength and endurance to overcome or prevent disease, I want to instill well being with everyone I meet. My hope for clients is to enjoy fitness and want to spend time at the community center. Whether working one on one with clients or teaching a class, I love what I do and want to share my passion. Two of my own goals are to work further with Cancer Survivors and also to create a Dog & Owner Fitness Opportunity.