

# TRAINER BIO

## LILLIAN KOLODZIEJ



Lillian has a diverse background that includes ballroom dancing in the Philippines and jazz when she moved to Ohio. While in the Philippines, she started teaching aerobics classes, so when she moved to Ohio she knew she was going to be in the fitness industry. It has always been Lillian's passion to motivate people to be healthy and active. Lifestyle change can be a big challenge to most clients, she is committed to helping and encouraging them. She always says that with patience and perseverance, they can reach their goals. She trains clients of various ages and fitness levels and has expertise in cardiovascular endurance, strength, flexibility, functional training and senior fitness. Nothing is more gratifying than helping people achieve their fitness goals.

She enjoys swimming, dancing, reading, playing Scrabble, gardening, bird watching, and traveling.

Her favorite quote is *"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save and preserve it."* -Plato

### CERTIFICATIONS

AFAA Personal Fitness Trainer

AFAA Group Fitness Instructor

NETA Mat Pilates Instructor

NETA Reformer Pilates Instructor

TRX Qualified Instructor

SilverSneakers Qualified Instructor

NETA Yoga Instructor

American Red Cross CPR/AED/First Aid