

Center for Fitness 265 Years of Fitness Experience

The Center for Fitness has an outstanding Personal Training Staff to help achieve your fitness goals. Collectively, with over 65 years of fitness experience, they bring a wealth of knowledge to the facility through certifications with the most elite programs. Individually, they each have a unique skills set that equips them to work with a variety of health and wellness issues, across all age groups from those that are just starting to exercise to those who want to take their fitness to the next level.



Jody Shanks Robeson and Jane Garbish



Ken Marshall and Kathy Sears Hall



Cathy Ermis and Kathy Andrews

○ **Cathy Ermis**, owner of Step by Step Personal Training, 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 with the National Academy of Sports Medicine as a Certified Personal Trainer. Her 17 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 Instructor and a Personal Pool 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 a certified IFTA instructor in indoor cycling, kick boxing, and Pilates Mat, as well as a Certified Lifestyle Weight Manager. She facilitates two area Boot Camps that are US Troop supported and has a passion to fight the obesity epidemic that we are faced with in America. She loves to hold workshops on myofascial releases and Balancing Your Life Style!

○ **Jody Shanks Robeson** is a Physical Therapist, PT, DPT, in addition to a PMA certified Pilates Instructor, ACSM certified Health Fitness Instructor, and AEA certified Aquatic Fitness Instructor. She is currently focusing her personal training on the Pilates Reformer and Cadillac. 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 holds a Fletcher Pilates Mat Certification, 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!

○ **Ken Marshall** is the newest member of the team, having earned his Personal Training Certification from American Council on Exercise in 2010. A recent college graduate, he is also a body builder who has quickly built up a diverse client base. He focuses on strength work and has helped male and female clients from ages 12 – 90. Members appreciate the fact that he leads by example and is able to help them achieve results quickly.

○ **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 37 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 UT 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.

In addition to working one-on-one with clients, these Personal Trainers teach group exercise classes along with 15 instructors at The Center for Fitness. Mary Jo Browning, Paula Rector Scott, Sharon Bigott, Jeanette Tilley, Jody McCulley, Rick Trzcinski, Sara Cotton, Janet Rhode, Penny Guerra, Dawn Graves, Diane Ullrich, Melody Knapp, Maggie Meek, Lori Seeley, and Sheree Hess have over 200 years of combined teaching experience, with half the group having over 18 years teaching experience on an individual basis.

The Center for Fitness has the staff with the tools to make a difference in your life. 265+ years of hands-on experience is less than a mile east of downtown Kerrville! Come by 1407 Water Street and meet these amazing fitness professionals. Expert guidance is a phone call away at 830-257-7070.

The Center for Fitness 1407 Water St. • 257-7070 - www.thecenterforfitness.com