

## **Fred Woolman**

I landed in Rochester, MN to work at IBM in 1975. I have been a lifelong exerciser. I started doing calisthenics around age 8. I remember purchasing weights and bands at about age 12. I began running in the early 1970's. I have run hundreds of road races of all lengths, and 22 marathons. I have also pursued many endurance events, such as the American Birkebeiner and the Iowa RAGBRAI. I have climbed Mt. Whitney, the Pikes Peak Incline, and Mt. Elbert. I have also done TWO triathlons.

I have been a professional health and fitness instructor for almost 19 years. I took a job at the Rochester Athletic Club when I was 66, as a personal trainer helper. Then I took fitness classes and trained to become a Group Fitness Instructor. I taught Pilates classes for 15 years through Community Education. Since 2016, I have been a Group Fitness Instructor and Personal Trainer at 125 LIVE.

My current certifications are Group Fitness Instructor and Personal Trainer – both from American Council on Exercise (ACE). I teach Heart Strong three times per week and sub for various other classes such as Zumba; PWR; Pilates, Strength; and Cancer Fitness.

I look forward to working with you to reach your health and fitness goals!