



# Meet Personal Trainer Adam Gorg

**Hometown:** Westbrook MN  
Blue Earth since 1994

**Employed:** Winnebago MFG CO. Blue Earth 19 years.

**Certifications:** Certified Personal Trainer NETA, CPR & AED Certified

**Fitness Background:** High School Football and Wrestling, College Wrestling, Coached youth wrestling for 10 years, Youth Football 6 years, and Youth Baseball 4 years for Blue Earth Area.

**Special Interests:** Mountain biking, Hiking, Running, Walking, Canoeing, Fishing, being by the lake and Supporting BEA Sports.

I have been working out at the Faribault County Fitness Center since 2009. I started working out with my son and really enjoy helping other people in the gym, with weight training circuits, speed, agility, and cardio workouts.

## Fees for Members



### One Hour Sessions

4 Sessions.....\$ 88.00  
8 Sessions..... \$168.00  
12 Sessions.....\$240.00

### ½ Hour Sessions

8 Sessions.....\$104.00  
12 Sessions.....\$144.00

All Sessions must be used in a 3 month period.

Group Training: Add \$6.00 per person per hour up to 3 people per session.



Phone # (507) 526-3376

Faribault County Fitness Center, P.O. Box 38, Blue Earth, MN 56013

E-mail Address [fitness@bevcomm.net](mailto:fitness@bevcomm.net) or Like Us on Face book

## Personal Training can help MOTIVATE you to:

Increase the efficiency of the heart

Make the heart stronger

Reduce blood pressure

Help control stress levels

Reduce the likelihood of blood clot formation

Help maintain or lose weight, and increase metabolism

Increase the HDL cholesterol carrier

Decrease the risk for osteoporosis

Increased bone mineral content

Improve posture, physical image, and self-esteem

Enhanced physical activity by setting up a Fitness workout the targets your needs

Personal physical independence (Strength, Flexibility, Balance, & Endurance)

Keep you on task and motivated.

Helps you understand why you are doing a specific exercise and how to target the muscles needed to.