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 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.