



LUANNE VOGEL

Training Staff



BIO:

Luanne has been helping clients from ages 3 to 97 over the past 30 years. She trains in both one on one personal training and larger class settings. She has also developed programs for older adults and adults wanting to experience the power of TRX (suspension) training. On a personal level Luanne has achieved a 1/2 ironman triathlon, marathons, sprint triathlons, 100 mile bikes races, and even the "Hustle Up the Hancock". Most importantly, Luanne has a passion to help teach and provide others a road map to improve their state of body and mind while having fun along the way.

To schedule personal training sessions, please contact Supreme Health and Fitness at: (608) 274-5080 and ask for Luanne!

or e-mail: luannev@supremehealthfitness.com

QUALIFICATIONS:

- Certified Personal Trainer and Group Exercise Instructor- American Council on Exercise
- Certified Spin Instructor - Madd Dogg Athletics Inc.
- Certified BodyPump and GRIT Instructor – Les Mills
- Pilates – PiYo and Physical Mind Institute
- Yoga Phase II - AAAISMA
- Zumba Certified
- CPR/AED Certified – American Red Cross
- TRX Suspension, TEAM and Rip Training Certified Trainer
- PoundFit Certified Instructor
- American Red Cross Lifeguard Certified