

Robyn Feldges



Fitness Specialist



Education: Bethel College, St. Paul, MN - Bachelors Degree in Physical Education and Coaching, minor in Health.

Certifications: ISSA Elite Trainer (Fitness Trainer, Specialist in Sports Nutrition, Senior Fitness), TRX Instructor, Dumbbell Training, Balance Training for the Elderly, Low Back Disorders, Lifestyle Wellness Coach, AFAA Certified in Weight Training, Body Composition, Aerobics, TeleFitness. APIAA Certified Aerobics Educator. CPR/AID Certified.

Focus: Fat and weight loss, Osteoporosis, continued rehabilitation from physical therapy following surgeries, accidents, strokes etc., functional training and balance, body reshaping and toning and sport-specific training.

Personal Bio: I grew up in the Midwest, Minnesota to be exact. I have always been an athlete competing all the way through high school and college in a number of sports including gymnastics, track and field, volleyball and cheerleading. This led me to a Bachelor's Degree in Physical Education and Coaching. My career in coaching has spanned over 4 decades, both here in the United States and internationally. I lived overseas for a number of years, being able to use my background and experience to work with the Olympic and sports committees for various countries.

My journey to personal training began over 30+ years ago, after I started competing as a body builder. My passion is to help my clients reach their individual goals, so I concentrate on creating personalized programs to each one.

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