



Cassidy Loesch is a NETA certified personal trainer and certified Spin Instructor. She has been teaching cycle classes since November 2008 and training at America's Fitness Center since December 2008. She developed a love for personal training after training with her own trainer for 8 months.

Cassidy joined America's Fitness Center as a member in November of 2007 after having lost 87 lbs on her own at home. She then lost another 40 lbs through personal training. After being obese most of her adult life, she looks forward to helping others attain their goals and realize they can do so without turning to surgery and other drastic means.

Cassidy specializes in weight loss issues and has experience with the Weight Watchers plan for the last three years. In addition to indoor cycling, Cassidy has a passion for kickboxing and not only plans to continue kickboxing training but incorporate it into her personal training style with clients.

Cassidy has lived in Rosemount with her husband since 1999. She has been married for 14 years and has two sons, Ethan and Sean. She also runs her own business from her home in the residential architectural design industry.

Cassidy Loesch