



Gretchen has studied and trained in many areas of fitness and styles of training. Gretchen's areas of emphasis have been on group fitness and personal training.

Gretchen's group fitness background includes over five years at the YMCA, teaching SilverSneakers®, Body Pump®, Turbo kick, and Cardio Kick. Gretchen is certified through NETA Group Fitness.

Gretchen has recently expanded to her lifetime of fitness to include personal training. Gretchen is certified from NASM.

Gretchen has enjoyed fitness her whole life and has been in athletic activities since grade school. Gretchen started with 9th grade track and continued in college. Also during college she received a score of 296 out of 300 in her physical fitness training test for the Army National Guard. Her major in college was Sociology with minors in Coaching and Health from the University of Wisconsin-River Falls. Coaching was extracurricular activity that she enjoyed during her spare time.

Gretchen lives in Eagan with her husband, Chuck and three children, Kelton (10), Kaylin (6), and Kylie (11 months). Her passions are spending time outdoors with her family, including fishing, hunting, biking, working out and traveling to any spot with the ocean.

Her passions and talents with Personal Training include customizing workout to specific needs, helping clients understand proper form and technique and simply helping people achieve their personal goals.

Gretchen Varvosky