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Hello, my name is Candice Schrodetzki, and I am a certified personal trainer in Fremont. I specialize in pre/postnatal training as well as sport-specific training. My philosophy is to make a **fun**, safe, yet challenging environment within which my clients can work. As one of my clients you will receive the attention you need to reach your personal goals!

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Contact Information:

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510.493.1240

Pre & Postnatal Personal Training

Prenatal Exercises Help:

- Increase energy levels
- Improve sleeping patterns
- Maintain cardiovascular fitness

Postnatal Exercises Help:

- Improve posture
- Increase stamina
- Energy levels
- Metabolic rate
- Stability and balance
- Weight loss (return to pre-pregnancy weight)
- Reduce stress levels and anxiety
- Improve muscle strength and activation

Qualifications

- Bachelors of Science, Kinesiology
Notre Dame de Namur University
- National Academy Sports Medicine
Certified Personal Trainer
- National Health Educators
Certified Personal Trainer, Level 2
- TRX Certified
- 3 Years Pre/Postnatal training experience

Rates:

\$60-70 per hour, depending on location
Partner-training and group training are also available

There is no gym membership required (and therefore no membership fees!); I am available to do on-site training at your home and can provide all of the necessary equipment. I also have access to a local training facility if needed.