

## Our Mission

To provide a quality service of “hands-on” exercise instruction to individuals of all ages and abilities. This instruction, based on sound biomechanical principles thoroughly researched, is applied in teaching functional exercise. Also, to administer and teach in an efficient and effective manner, in order to meet the needs of any client...in short, helping you reach your exercise goals!

## Personal Training for Whom

Those individuals who want to get the most done with their workouts in the shortest amount of time. **FITNESS SYNERGY** specializes in “exercise efficiency,” along with a ‘total body training’ approach.

## Kinesiotherapy for Whom

Any individual with a past history of chronic injuries or muscle / joint problems needs to know what exercises are the *best choices* for them.

## Services

### Provided

**Personal Fitness Training Programs**

**Injury Rehabilitation**

**Sport Specific Conditioning**

**In-home training**

**Recreational Conditioning Programs - Golf / Tennis ect....**

**Group / Senior Fitness**

## Personal Fitness Training

Personal training involves teaching and instructing. You need to know how to do specific exercises, and more importantly



– why you are doing them! Your goals need to be established ...whether it be weight loss, increasing overall strength, or “performance” enhancement.

We then “partner” with you as a “team” to help you achieve your desired goal. After receiving a thorough assessment, a program is designed **personally for you!** A circuit training style is administered that keeps you in continuous motion. You are also closely monitored so that your execution maintains proper form.

Exercise sessions run approximately forty-five minutes. We enhance “exercise efficiency” to maximize your training time. Muscle soreness is also diminished due to the style of training that facilitates your recovery from exercise.

- One-on-one instruction
- Closely monitored routines
- Functional “core” exercises
- Continuous motion
- Decreased muscle soreness

## Kinesiotherapy

Kinesiotherapy is essentially *movement therapy* applied through *proper exercise* relative to a specific injury.

Regardless of what injury you may have, it is important to know what exercises will help speed up recovery and restore optimal function.

Our goal is to get you functioning properly and back to your daily activities pain free! We offer:

- post surgical rehab
- home corrective exercise programs

Through our Kinesiotherapy program, treatment of:



*postural deficiencies*  
*weak muscles / joint pain*  
*poor balance*  
all can be treated.

## Work Conditioning

For those who have been injured on the job, “work-conditioning” is necessary for



rehabilitating a specific “job-related” injury and preventing this same injury from reoccurring.

**Fitness Synergy** works together with area chiro-

practicers and physicians in assessing and evaluating your existing condition, putting you on the road to recovery.

# TRAINING WITH A PURPOSE

“Gary Baldner’s attention to detail, willingness to problem solve and ability to design custom exercise regimes

has proven invaluable for the people I have referred to him.”

*Douglas Nelson, Owner*  
BodyWork Associates

“Gary’s fitness and rehabilitation protocols are top-notch, which is the reason I have entrusted him with many of my patients.”

*Brian Crawford, DC*  
Central State Chiropractic  
and Rehabilitation

## Gary L. Baldner RKT CPT



Gary has over 20 years of experience in developing exercise programs for individuals of all ages and fitness levels. He holds a BA in Exercise Science and

*Fitness Management*. His past experiences working with Physical Therapists and Kinesiologists has led him to his current private practice. Gary continues to develop exercise programs for individuals recovering from surgeries and other specific injuries along with designing functional fitness programs at any level. He is currently a registered **Kinesiotherapist** and **Certified Personal Trainer** with the *National Academy of Sports Medicine*.

Gary is owner and founder of **FITNESS SYNERGY** which originated under *OPTIMAL PERFORMANCE THERAPY (2002)*.



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