

## About Our Staff & Personal Trainers

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**Katie Gaynor** is a full-time student at Western Kentucky University pursuing a degree in Exercise Science. She has 2-years experience teaching group classes, has been a Certified Personal Trainer since 2009 and is currently serving an internship at Perry County Memorial Hospital's Cardiac Rehabilitation unit.

**Missy Arnold** has 5-years experience as a Certified Personal Trainer, is Certified in Sports Nutrition and Youth Fitness & Sports, and has been instructing multiple group classes for 5-years. Missy has been at New Directions for 3-years and is available to design and supervise personal training sessions by appointment.

**Ballroom Dancing Class** instructors Steve and Kathy VandenGeeten have been dancing enthusiasts for many years but have been teaching group and private classes for 3-years after being trained by professional dance instructors in Evansville, Owensboro and Louisville. Steve and Kathy are available at New Directions for private and group instruction.

**Jason Powers** holds a 1<sup>st</sup> Degree Black Belt from the Traditional in Traditional Tae Kwon Do Chung Do Association (TTCA) and has actively competed in regional tournaments since 2002 but has also competed as a Mixed Martial Arts (MMA) fighter. Jason has been teaching adults and children professionally for 3-years, and is available for group or private lessons.

**Staff Certified Group Instructors:** Bud Cail; Jennifer Chestnut; Any Hollinden; Joyce Wagner; Katie Gaynor; & Missy Arnold.

## New Directions Health & Fitness Club

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### Cardiovascular

Matrix® Treadmills  
Sports Art® Stationary Bicycles  
Sports Art® Recumbent Bicycles  
Sports Art® Elliptical Machines  
Sports Art® Stair Climbers

### Strengthening & Weight Training

Free Weights  
Body Solid® Weight Machines  
Plyometric Equipment  
(GymBalls, Resistance Bands)

### Classes

(Included in Membership)  
Aerobics  
Pilates  
Silver Sneakers®  
Yoga  
Zumba® Dance  
(Latin Dance Workout)

### Optional Classes & Services

Tai Kwon Do  
Ballroom Dancing  
Certified Personal Trainers  
Sports Therapy Sessions  
Chiropractic Treatments

Open 24-Hours, Secure Keycard  
Access

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623 Main Street • Tell City, Indiana 47586  
547-1200 • <http://www.newdirectionstc.com>

## New Directions Health & Fitness Club

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# Welcome to

## New Directions

Membership Information  
Class Enrollment  
Optional Programs  
(for Members & Non-Members)

*Certified Healthways  
Silver Sneakers® Provider*



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