



Andrea's Total Body Conditioning



My name is Andrea and I'm a personal Trainer and a retired Registered Nurse, I'm living my dream in helping people to live healthier lives. I focus on the total body, from balance/stability, building lean muscle, toning, and increasing endurance. I am able to make modifications and work with all levels. I also provide private sessions. contact me for prices and availability.

Classes are offered Starting June 23. Mon,Wed, & Fri at 4:30p, Saturday's June 28th, July 5th, July 12th, July 26th at 8:30am
Beginners Class Starting June 24, Tues, & Thurs 5:30p for more information call me at 763-360-2058 or friend me on Facebook at andrea powers oden. We meet at my cabin #43 at Big Sandy.lodge