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**Trainer Recommendations**

**Dana**

When creating personalized training programs for our clients, great motivation and consistency is key. What works the best for one person may not work for another. That's why each training program is unique to each individual. At the end of the day, the best way to achieve your goals is by creating a plan that you can stick to. 

**Rosemary**

I love being part of the Koret Health and Recreation Center team and get a sense of satisfaction knowing we are helping others to achieve their goals! I love the daily variety of our staff and the wonderful clients who come to the center. My goal is to provide a fun and stress-free environment for our clients to achieve their fitness goals. 

**Maggie**

I love working with the Koret Health and Recreation Center team on our equipment desk. I enjoy assisting clients with their equipment needs and providing support and encouragement. My goal is to ensure clients are provided with a high-quality service experience. 

**Eden**

It's so rewarding to know we're making a positive impact on people's lives about the importance of self-care. I'm proud to work at an innovative center that offers so many fitness classes and programs. My goal is to provide the best customer service experience possible. 

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**Featured Workouts**

**Workout #1**

Improve your whole body strength and endurance with this dynamic circuit that targets the major muscle groups.

**Workout #2**

Transform your lower body with this high-intensity workout that focuses on the plank exercise. 

**Workout #3**

Engage your core and improve your balance with this challenging routine. 

**Workout #4**

Get ready for a full-body workout that combines cardio and strength training. 

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**Celebration Corner**

Congratulations to our recent graduates, including many familiar faces from the equipment desk, front desk, and staff! We are proud of your accomplishments and wish you all the best in your future endeavors.

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**Quote of the Day**

"Stop questioning."

- Albert Einstein

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**Fitness 101**

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**Favorite comfort food:**

Noodle soup, ramen, pho, Homemade dal.

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**Favorite song:**

Lovely Day (Bill Withers).

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**Favorite piece of equipment:**

Foam roller.

---

**Favorite music:**

Metal.

---

**Favorite piece of equipment:**

Lunges with a yoga strap.

---

**Favorite comfort food:**

Udon.

---

**Favorite song:**

Stop questioning.

---

**Favorite music:**

Metal.

---

**Favorite piece of equipment:**

Yoga strap.

---

**Favorite comfort food:**

Homemade dal.

---

**Favorite song:**

Lovely Day (Bill Withers).

---

**Favorite music:**

Metal.

---

**Favorite piece of equipment:**

Resistance bands

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**Favorite comfort food:**

Noodle soup, ramen, pho, Homemade dal.

---

**Favorite song:**

Stop questioning.

---

**Favorite music:**

Metal.

---

**Favorite piece of equipment:**

Lunges with a yoga strap.

---

**Favorite comfort food:**

Udon.

---

**Favorite song:**

Lovely Day (Bill Withers).

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**Favorite music:**

Metal.

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**Favorite piece of equipment:**

Yoga strap.

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**Favorite comfort food:**

Homemade dal.