



INTRODUCING

Gary Benitz

**Personal Trainer,
Cycle and Group Exercise
Instructor**



“Life in Motion”

We spend our lives in motion, all day every day from a young age to old age. My personal philosophy is to include movement, wellness and mindfulness into my daily lifestyle, and I bring the same thing to my clients.

I incorporate a personalized, integrated, evidence-based training approach that goes beyond the gym to include nutrition, flexibility, stretching, therapeutic and wellness modalities for the whole person. I love teaching indoor cycle and group exercise classes and look forward to bringing my energetic, positive and constructive approach the Stuttgart community.

EDUCATION & CERTIFICATIONS

- B.S. Exercise Science – Lionel University
- ISSA Master Trainer
 - Specialties: Personal Trainer, Group Exercise, Fitness and Sport Nutrition, Corrective Exercise and Senior Fitness
- Les Mills RPM and Sprint
- Schwinn Cycle
- Wellness Coach Training – Mayo Clinic
- Red Cross – First Aid, AED/CPR

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com