



Mandy Greene began her fitness career in 2000 at Gold's Gym while pursuing her B.A. in Dance. With a focus on physical fitness and her major in dance from the University of New Mexico, Mandy received a scholarship on behalf of the Friends of Dance and the first annual Bill Evans Senior Exiting Award for Excellence in Dance. In 2004 she joined the Boston-based professional dance company, **Rainbow Tribe**. While in Boston, she completed the AFAA Personal Training Certification at and worked Crunch Fitness/Bally Total Fitness as a professional training and instructor. Currently, Mandy resides in Maine and is independent practitioner at Forever Fit, a Personal Training/Pilates Studio.

Her education includes **The PhysicalMind Institute** full Mat and Apparatus Pilates certification and has completed her level I & II in **willPower & grace**, barefoot training. She is a certified **Zumba®** instructor and is a Level I Reiki Practitioner. She is the director and choreographer for Coastal Xtreme Cheer, a competitive cheering team based at Dudziak's School of Gymnastics.

ForeverFIT



For the health of it!

- Feel too tired?
- Lack Motivation?
- Need Creativity?
- Think you are too busy?
- Feeling overwhelmed?
- Hate going to the gym?
- Know you need to do something about it?

Call
today for your
FREE
consultation
and

Change your life Forever!

Visit our website for more information

breathemaine.org/personal

Mandy Greene

PMI Pilates Instructor

Certified Personal Trainer

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Services

Testimonials

Classes

Personal Training

Personal Training for all ages

Personal Sessions
Sessions with a buddy
One-on-One Stretch Sessions
Fitness Programming

- Evaluations of:
 - Body Fat
 - Heart Rate
 - Cardiovascular
 - Flexibility
 - Strength



Pilates

Pilates: Individual, Duet & Group

- Mat
- Reformer
- Cadillac
- MVe Chair
- Small Apparatus including balls, bands, rings and foam rollers

Working with Mandy as my personal trainer has changed my perspective on living healthy. I have tried for years to stay on an exercise and weight loss program without success. Now I know what works best for me and I am never bored with the variety of classes and individual trainings available. I have lost weight naturally and reduced my cholesterol with the exercise. I feel truly supported by professionals with complete knowledge of living healthy through mind, body and spirit.

Deb age 56

I started working with Mandy at Forever Fit three years ago. It is hard to express the difference my workouts with Mandy have made in my life. I feel the best I have felt in over two decades. It's not just about the weight loss and toning, although those have been a great benefit, it's mostly about feeling strong and healthy and good about myself. I am incredibly grateful to her for the dedication to help me reach and maintain my fitness goals in a well-focused, fun way!"

Helene age 47

I used to hate working out, but now that I have started working with Mandy, I actually look forward to working out. She has taught me that getting in shape doesn't have to be hard and boring. Mandy has made my workouts fun and challenging all at the same time.

Kari age 15

www.breathemaine.org/personal

Group Classes

Willpower & grace (is a sweaty, dynamic fusion of the fitness industry's most popular (and most effective) group exercise programs. It's equipment-free; barefoot, and infused with a positive, strengthening philosophy.)

Zumba (fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, and to get hooked)

Fit Club (Weight loss Challenge class focusing on all elements of fitness – prizes given for “the biggest loser” of each week)

Running Club weekly run club during the spring, summer and fall, training for races or just for fun.

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