



JUNIPER
Swim & Fitness
CENTER
Personal Trainer

Name: Dave Zimmerman

Years of Experience: 10

Education:

- BS—Exercise Science & Physical Education. Michigan State University

Certifications & Trainings:

- Pilates—PhysicalMind Institute
- Keiser Power Pacing
- Study & practice of T'ai Chi & Chi Kung

Services Offered:

- Mind/body emphasis
- Post-Rehabilitation
- Functional strength & postural issues
- Recreational Athletes
- Chronic health issues

Training Philosophy:

I have recreationally competed in team races (24 hour mountain bike racing and the Minnesota boarder to Border triathlon (4-day race). I've also done individual events such as 5-mile open-water swim and in trail marathons.