

# *Fitness for Life Owner*

## **Marianne King**

Marianne is a nationally certified Personal Trainer & Group Exercise Leader through the American Council on Exercise (ACE). Marianne keeps her certification current by attending International Conferences, where she updates her knowledge on Group Classes, Personal Training, Nutrition, Stress Management, Sports Training, and many other wellness subjects. She is also a member of IDEA, Health & Fitness Association.

Marianne has been teaching group exercise classes in Cincinnati, Ohio, and Pittsburgh, Pennsylvania since 1985. She has taught at many facilities in the Pittsburgh area. She was also the Fitness Coordinator for the Western Area YMCA, where she presented training for citywide YMCA instructors. Marianne became the owner of Fitness for Life in 1994 after working for the company for some years.

Marianne is a graduate of Point Park College (now Point Park University), where she earned a B.A. in Dance. At both Ohio State University and Point Park, she gained an extensive background in kinesiology, injury prevention, and choreography.

Marianne finished her career as a professional dancer, and she has committed herself to keeping people physically and mentally healthy.

She believes in helping people become knowledgeable about their wellness options through group fitness programs, personal training, wellness services, and lectures.



Marianne King's Fitness for Life  
165 Cranbrooke Drive  
Coraopolis, PA 15108



*Your Fitness  
is  
Our Business*

Specializing in:

- Corporate Fitness
- Community Fitness
- Personal Training
- Senior Programs



(724) 695-2239

[mkfitness@comcast.net](mailto:mkfitness@comcast.net)

[www.mkfitness4life.com](http://www.mkfitness4life.com)

# *Fitness for Life*

## **Mission & Philosophy**



Since 1985, Fitness for Life has been a unique company that specializes in bringing quality programs that are enjoyable and reasonably priced for the workplace and communities.

Fitness for Life is committed to individual attention, safety, and client success!

Different from the “health club” atmosphere, we customize on-site and in-home services and programs to assist corporations, senior facilities, and communities with their wellness programs.

We pride ourselves on programs that meet individual needs of each client in an atmosphere that is always friendly and comfortable.

We guide individuals in their lifetime wellness journey, to not only reach their physical goals, but to attain a healthier, more balanced outlook on life. We take the time to design a program for each client’s unique needs and capabilities. Clients receive individualized attention. They know they are valued and respected.

*We provide attainable,  
sustainable, and  
enjoyable fitness programs.*

## *Services*

- **Group Programs**

- Core
- Step
- Strength Training
- Kickboxing
- Sports Training
- Yoga/Stress Reduction
- Walking Workshops
- Zumba
- Interval Training
- HITT
- Tabata
- Pilates
- Aquatics
- TRX

- **Personal Training**

- **Youth Sports Training**

- **Adult Sports Training**

- **On-line Training**

- Phone and video

- **Fitness Coaching**

- **Lectures and Workshops**

### **CLIENTS HAVE INCLUDED:**

- Parkway Center-Greentree
- Blue Cross/Blue Shield
- Federal Government
- GlaxoSmithKline
- Duquesne Light
- Findlay Township
- C&F Management
- PPG Industries
- DelMonte
- Heinz USA
- USX Tower
- CNG/PNG
- Mercy Hospital
- Westinghouse
- Ericsson
- Dormont Boro
- RMU Club
- Hockey Team
- 911th Airlift



## *Group Exercise Programs*

Our group programs are designed to be educational, positive, and comfortable for most fitness levels as well as fun. We feel exercise should be something a person enjoys and can sustain. We know each participant by name. We review each participant’s medical history so that we can better serve them. We help each participant exercise safely and effectively. We stress non-competition, and we give one-on-one attention as needed.

We are committed to helping each participant gain knowledge to learn how to be healthy all through life.

## *Personal Training*

Personal training is one-on-one sessions designed for private, personalized workouts for each client. Sessions can be held at our business or community facilities or in the home. Session times are designed to fit the client’s schedule. Through an initial consultation and review of medical and exercise history, the trainer will help set realistic, safe goals to increase greater adherence. The trainer will design a program that will address each client’s unique needs, taking into account the above aspects, specialties, senior, post rehabilitation, and medical conditions.

## *Senior Programs*

We customize and supervise on-site fitness programs for senior centers, mature adult living facilities and in the home. We supply high quality safe group fitness classes for the active or chair bound clients, with appropriate warm-ups, cardiovascular conditioning, musculoskeletal strengthening, joint stability and balance exercises, range of motion exercise, relaxation activities, in-door or out-door walking programs and aqua programs. We offer on-site personal training. We are able to assist older clients in developing personal exercise plans. We provide sound senior-specific wellness information. We adapt group and individual exercise activities to safely and effectively accommodate a diversity of age-predictable health concerns.