

## News Release

**For Immediate Release:** June 21, 2010

### **Saint Paul College Fitness Laboratory open for business** *Public welcome for personal training services*

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(Saint Paul- June 16, 2010)- Saint Paul College, A Community and Technical College, opened its new state of the art Fitness Laboratory on June 6, 2010. The Fitness Laboratory will serve as a training center and clinic for the college's growing personal training program. The clinic will be open to the public for training services provided by program students.

The 4,950 square foot facility provides space for Saint Paul College to educate personal trainers for careers at private clinics, health clubs, rehabilitation centers and in private practice. It features fitness gear and equipment used in fitness training for people of all levels and abilities. Equipment in the center includes treadmills, elliptical machines, spin bikes, free weights, climbing ropes, free motion cable machine and a variety of functional training equipment. The laboratory is even equipped with adaptive machines to help people with disabilities improve their physical fitness.

"Our new Fitness laboratory will give us a great environment for training the next generation of personal trainers for our region," said Jeremy Sartain, Program Advisor for the Personal Training Program at Saint Paul College. "Our student clinic in this space will allow our students to gain real world experience while helping people improve their lives."

**MORE**

The Saint Paul College Personal Training program offers personal training services to the general public in the new Fitness Laboratory. All work is done by students under the supervision of an instructor. For professional training services prices and hours, call 651-403-4418.

The Saint Paul College Fitness Laboratory and Clinic is located on the campus of Saint Paul College at 235 Marshall Avenue near downtown Saint Paul. For information on the Personal Training program, contact Jeremy Sartain at 651-846-1619 or Jonathan Jenson at 651-846-1511.

Saint Paul College, located in the heart of Saint Paul's Cathedral Hill, has been educating people for employment and for life since 1910. Its ongoing mission is to provide: Education for Employment ... Education for Life. The College offers a breadth of liberal arts, sciences, trade and technical programs to give our students the skills they need to succeed at work and in higher education. Recently, Saint Paul College was recognized as one of the top 50 fastest growing public two-year colleges in the nation, and has been ranked among the top five of Minnesota's community and technical colleges.

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