

*Thursday, February 17th, 2011*

## **Fitness Trainer Rolls Out Exercise Class Schedule**

Talk about hoppin' to it!

When a community group recommended last month that exercise classes would be welcome in Love County, Stacy Redwine came running.

The athletic and energetic newcomer to the Eastman community announced to the Love County Community Coalition last week that Marietta Fitness Co. will open on Feb. 28 at 304 W. Main.

"I'll be offering classes for adults, seniors, and children and doing private training in personal fitness," Redwine said.

Redwine has a dozen years as a professional fitness trainer in Norman, Tempe, AZ, and Fort Worth.

The first week of classes in the new business on Main Street, next to Talk of the Town, will be free, she said.

Slated are aerobics and toning at 8:45 a.m. Monday and Wednesday, at 6:00 p.m. and 7:30 p.m. Tuesday and Thursday, and at 8:00 a.m. Saturday; pilates and yoga at 9:30 a.m. Monday and Wednesday, at 6:45 p.m. Tuesday and Thursday, and at 8 a.m. Saturday; and senior fitness and chair aerobics at 10:30 a.m. Monday and Wednesday.

Redwine also is teaching aerobics and toning at Turner School at 3:45 p.m. Thursdays. That session includes child care, she said.

She stressed the personalized nature of her classes. "Even though it's a class, I will customize the workout for each individual and what they are able to do," she said.

Most recently, Redwine has been teaching aerobics and toning at the YMCA in Ardmore.

Her teaching experience includes aerobics, pilates, viyasa yoga, water aerobics, kickboxing, weight lifting, indoor cycling, boot camp, water boot camp, swimming, tri-athlete training, kid game fitness classes, body sculpting (resistance bands and weight lifting), and athletic training.

She is certified by the American Council on Exercise.

A collegiate runner at OSU and Southern Nazarene University, Redwine graduated in 1999 with a degree in exercise physiology and pre-physical therapy.

In 2006, she completed a master's degree from Southwestern Theological Seminary.

She spent four college summers as a fitness instructor at Camp Kanakuk in Missouri, the largest Christian sports camp in the country.

Redwine's finishing time—3 hours, 30 minutes—in the White Rock Marathon, her first, in 1995 qualified her for the 100th Boston Marathon in 1996, which she ran in a time of 3:15. The marathon distance is 26.2 miles.

She married Rev. Ryan Redwine in 2000.

He is studying for his doctoral degree from Southwestern Theological Seminary and joined Eastman Baptist Church as its pastor last October.

The couple has 3 sons, all students at Turner Elementary, and a 2-year-old daughter.

To obtain a registration form for a Marietta Fitness Co. class, Redwine recommended emailing to [redwine.stacy@hotmail.com](mailto:redwine.stacy@hotmail.com).

Redwine has joined the Health and Fitness Committee of the Love County Community Coalition. Mercy Health/Love County is also a member.

The committee is applying for a multi-year grant to create healthy food and fitness opportunities in schools, communities and businesses.