



PERSONAL TRAINER

Kathy Maguire

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I have spent over 25 years in healthcare working as an occupational therapist. I have combined my health care background with personal training exercise principals, to offer services both on land and in the water as a personal trainer. Water-based exercise is a low impact, whole-body conditioning medium, which may reduce the risk of injury. Land and water-based exercise goals may include: weight loss, improved aerobic and anaerobic function, strength training and restoration of function following joint replacement surgery.

Qualifications

- Master of Science Degree, Boston University
- Sargent College of Allied Health Professions with a focus on adult and geriatric rehabilitation
- Continuing education credits with a focus on water rehabilitation
- Fitness Instructor - land & water-based fitness, aerobic, anaerobic and strength training
- Ace Personal Trainer

Experience

I have been teaching fitness classes both on land and in the water for over two years. I have worked in clinical settings as an occupational therapist for over 25 years under the supervision of a physician, to restore independent function in both the adult and geriatric populations. I am currently offering my services as a personal trainer so you can achieve your exercise goals and maximize quality of life.

Take the first step. Email kathy.maguire@cityofloveland.org to schedule an appointment with me today!



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