

Hi, I'm Stacie Panek, and I'm excited to become part of the Memorial Health and Sports Center Team. I'm currently a certified AFAA Group Training Fitness Instructor and certified NASM Personal Trainer, and my passion is to help others be happy and healthy. I recently graduated from McKendree University with a Bachelor's in Science, concentration in Health and Wellness and accepted into the Masters Program for Clinical Mental Health Counseling at McKendree University. My experience, certifications, and my education has inspired me to assist others to set goals, stay focused, be motivated, enjoy the journey and have fun!

I have been teaching at various locations in this area, and enjoy teaching different types of fitness classes. I have personally designed fitness programs for all participants for Indoor/Outdoor Boot Camps, Cardio Circuits, Box and Bags, Cardio Boxing, Indoor Cycling, TRX, and more. Along with my teaching, I have implemented programs for personal training, and I truly enjoy being a Coach. I have designed Group and Dynamic Training programs, and always happy to design personal one on one with individuals that include nutrition. My programs are designed to encourage, motivate, keep on track all the necessary components that Health and Wellness is about, and striving to meet long term goals.

I believe in a Team environment, and with this comes along setting up personal goals that can be met. I have develop programs for clients that reaches out to the community. This program consists of run/walk 5K's, or could be training for a half marathon, mud runs, Master of the Met Stair Climb, and many more events that are fun and exciting to join. This successful program has brought together many people and wonderful friendships are made, as well as, sharing the true essence of what we all enjoy....living a happy and healthy life.

