



## Experienced, Compassionate Trainers

**Brent Meyer**, BS, ACE-CPT, FNC, Certified Rock Steady Boxing Coach, Graduated from Illinois State University with a degree in Kinesiology, American Council on Exercise Certified Personal Trainer, and Eagle Scout. He is passionate about helping people not just look and feel better, but to also enhance their overall well-being through mobility, balance, flexibility & functional training.

**Jerry Morrison**, ISSA-CPT, Certified Rock Steady Boxing Coach, Jerry has a strong belief in the benefits of exercise. His personal philosophy is that the aging process is inevitable; however, exercise and nutrition should be a part of prevention. Passion has driven him to new levels in his personal fitness goals and has created a passion to help others meet their goals.

After the St. Louis Rock Steady Boxing Program was introduced for people with Parkinson's Disease, the requests started rolling in for a similar program to help others improve memory retention. With their desire to help people, they combined their expertise with numerous hours of research and created *Mind in Motion*. Their goal is to improve the quality of life and overall well-being of others.



**CHESTERFIELD**  
ATHLETIC CLUB

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**Mind in  
Motion**

Brain. Food. Fitness.

**Cognitive Stimulation  
through Activity**



**CHESTERFIELD**  
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## Connecting brain health & fitness

An active lifestyle is more important than ever to your health as you age gracefully. Moving can help boost your energy, maintain your independence, protect your heart and maintain a healthy weight.

Staying physically active is not only a valuable part of any overall body wellness plan it also increases the blood flow to your brain which is associated with memory retention, mental alertness and cognitive skills.

Because exercise stimulates the cardiovascular system, it is also strengthening the heart, improving the circulation of oxygen through the blood, building lung capacity, and helping individuals to maintain healthy blood pressure.

## How we can help

Certified trainers guide you through specific exercises geared heavily on balance, coordination and fine motor skills. Essential strength, mobility and flexibility training will also be emphasized in a fun, welcoming environment that creates enjoyment of exercise, boosts mood and puts everyone at ease.

Benefits also include enhanced mental alertness, thought processes, response times and reflexes. You'll quickly see why Mind in Motion classes are your new BFF. *Brain. Food. Fitness.*

## When and where it is held

Mind in Motion Classes are held at the Chesterfield Athletic Club.

**Tuesdays & Thursdays 9:30-10:30am**



## What you can gain

- *Improve balance, strength & stability*
- *Enhance mobility, dexterity & coordination*
- *Increase brain function & energy level*
- *Boost memory & focus*
- *Connect with others for social stimulation*
- *Have Fun, Feel Good*
- *Sleep better & feel rested*

## Interested in learning more?

Call us at 636.532.9992 to schedule a day to observe a class & meet the trainers.

## Ready to get started?

Call us at 636.532.9992, or come in to sign up! Classes are \$150 per month and no long-term commitment is required.