

PERSONAL TRAINING with KT

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Sunshine!

In this issue...

- Testimonials
- May & June class and event schedule
- New Zumba Classes!

We've been dealing with so much rain lately, I'm hoping this edition's theme will motivate Mother Nature. In the meantime, exercise your way to a smile! There is so much on queue for the coming months, with my infamous boot camps, the studio's open house, and a host of other classes for every personality. I've included

class schedules for both May and June. Also included is a fabulous recipe, best suited for the grill! Unlike most



barbeque recipes, this one is great for the taste buds AND the waistline. And the exercise the month — the

Russian Twist — is a great bet as we get into swimsuit weather too. Keep in touch with me as you consider how you want to better your fitness and nutrition this summer. I'll hope we connect soon!

Happy training!
Katie

Grilled Chicken Breast with Roasted Yellow Tomato Sauce

Ingredients

- 4 yellow tomatoes, halved crosswise and seeded
- 1 1/2 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- 1 tablespoon balsamic vinegar
- 3 tablespoons chopped fresh basil
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 4 skinless, boneless chicken breast halves, each about 5 ounces
- 2 tablespoons chopped fresh flat-leaf (Italian) parsley
- 1 tablespoon chopped fresh thyme

Preparation

Prepare a hot fire in a charcoal grill or preheat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

Arrange the tomatoes skin side down on the grill rack or skin side

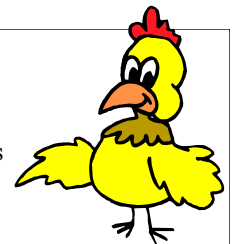
up on a broiler pan lined with aluminum foil. Grill or broil until the skins begin to blacken, about 5 minutes. Transfer to a bowl, cover with plastic wrap, and let steam until the skins loosen, about 10 minutes.

In a small frying pan, heat the olive oil over medium heat. Add the garlic and saute until softened, about 1 minute. Remove from the heat and set aside.

Core and peel the tomatoes. In a blender or food processor, combine the tomatoes, the garlic with the oil, and the vinegar. Pulse until well blended. Stir in 1 tablespoon of the basil, 1/2 teaspoon of the salt and 1/8 teaspoon of the pepper.

Sprinkle the chicken breasts with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. In a shallow dish, stir together the parsley, thyme and the remaining 2 tablespoons basil. Dredge the chicken in the herb mixture, coating completely. Grill or broil the chicken, turning once, until browned on both sides and no longer pink on the inside, about 4 minutes on each side.

Nutrition: 239 Calories; 7gm Fat; 8gm Carbs; 35gm Protein



Exercise of the Month

Stability Ball Russian Twists

Step 1:

Start on your back with your shoulder blades centered on the stability ball, keeping a strong bridge while holding a medicine ball directly in front of you.



Step 2:

While keeping your hips up and your core tight, roll over onto your shoulder and contract your obliques.



Step 3:

Return to the starting position and repeat the action going the opposite way.



TESTIMONIALS



"Thank you for all your hard work this last year and working with me to reach my goals!!!"

Melissa Mergen

"Two months ago today I started working on a weight-loss journey with you. I am proud that I signed up at your gym and have had such an amazing person to teach me how to eat right and put together exercise programs that are definitely helping me out. As of today I have lost 30 lbs and am very happy with my success and will continue to eat right and exercise from this day forward. Thank you so much Katie. =)"

Tammy Knutson

"I value our training times very much — I am positive that I wouldn't be as far along as I am in my physical conditioning if you weren't there to encourage me and to push me. So know that I am so very appreciative of your help this past and last winters. I never believed that I could be in as good of physical shape as I am right now!"

Scott Swendsen

"You really don't realize the motivation your boot camp in Wanamingo gave me! I've been consistent with the gym and other activities — your motivation did this for me!"

Debbie Mason

Thank you to our clients!

May Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 3-2-1 GO! 6-6:45pm Katie-K Intro to Yoga 5-6pm Lisa-R	4	5 Butts, Guts, & More... 5-5:45pm Caitlin-R Boot Camp 7:15-8pm Katie-W	6	7 Boot Camp 8:30-9:15am Katie-PI STUDIO OPEN HOUSE!!! 10am-3pm
8	9	10 3-2-1 GO! 6-6:45pm Katie-K Intro to Yoga 5-6pm Lisa-R	11	12 Butts, Guts, & More... 5-5:45pm Caitlin-R Boot Camp 7:15-8pm Katie-W	13	14 Boot Camp 8:30-9:15am Katie-PI
15	16	17 3-2-1 GO! 6-6:45pm Katie-K Intro to Yoga 5-6pm Lisa-R	18	19 Butts, Guts, & More... 5-5:45pm Caitlin-R Boot Camp 7:15-8pm Katie-W	20	21 Boot Camp 8:30-9:15am Katie-PI
22	23	24 3-2-1 GO! 6-6:45pm Katie-K Intro to Yoga 5-6pm Lisa-R	25 FREE- Zumba 6-7pm Caitlin-K	26 Butts, Guts, & More... 5-5:45pm Caitlin-R No Boot Camp	27	28 Boot Camp 8:30-9:15am Katie-PI
29	30	31 FREE-Zumba 6-7pm Caitlin-R				

W=Wanamingo

K=Kenyon

R=Rochester

P=Pine Island

*** See class descriptions and prices online at www.personaltrainingkt.com ***

June Fitness Classes

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		31 Power Sculpt 6-645pm Katie-K	1 Boot Camp 5:45-6:30am Katie-PI Zumba 6-7pm Caitlin-K	2 3-2-1 GO! 715pm-8pm Katie-W Muscle Tone 5-5:45pm Caitlin-R	3	4 Boot Camp 8:30-9:15am Katie-PI Muscle Tone 10-10:45am Caitlin-R
5	6 Boot Camp 5:45-6:30am Caitlin-R	7 Power Sculpt 6-645pm Katie-K Zumba 6-7pm Caitlin-R	8 Boot Camp 5:45-6:30am Katie-PI Zumba 6-7pm Caitlin-K	9 3-2-1 GO! 715pm-8pm Katie-W Muscle Tone 5-5:45pm Caitlin-R	10	11 Boot Camp 8:30-9:15am Katie-PI Muscle Tone 10-10:45am Caitlin-R
12	13 Boot Camp 5:45-6:30am Caitlin-R	14 Power Sculpt 6-645pm Katie-K Zumba 6-7pm Caitlin-R	15 Boot Camp 5:45-6:30am Katie-PI Zumba 6-7pm Caitlin-K	16 3-2-1 GO! 715pm-8pm Katie-W Muscle Tone 5-5:45pm Caitlin-R	17	18 Boot Camp 8:30-9:15am Katie-PI Muscle Tone 10-10:45am Caitlin-R
19	20 Boot Camp 5:45-6:30am Katie-W Boot Camp 5:45-6:30am Caitlin-R	21 Power Sculpt 6-645pm Katie-K Zumba 6-7pm Caitlin-R	22 Boot Camp 5:45-6:30am Katie-PI Zumba 6-7pm Caitlin-K	23 3-2-1 GO! 715pm-8pm Katie-W Muscle Tone 5-5:45pm Caitlin-R	24	25 Boot Camp 8:30-9:15am Katie-PI Muscle Tone 10-10:45am Caitlin-R
26	27 Boot Camp 5:45-6:30am Katie-W Boot Camp 5:45-6:30am Caitlin-R	28 Strength Circuit 6-645pm Katie-K Zumba 6-7pm Caitlin-R	29 Boot Camp 5:45-6:30am Katie-PI Zumba 6-7pm Caitlin-K	30 Power Sculpt 715pm-8pm Katie-W Power Sculpt 5-5:45pm Caitlin-R		

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Personal Training with KT is a unique one-to-one personal training business that offers individuals personalized training programs and nutrition counseling from certified professionals. With a positive support system, our trainers guide and motivate our clients to their health and fitness goals. Along with outstanding results, our clients benefit from a remarkable learning experience.

No problems, only solutions!