

THE GYM

ON SPRINGFIELD

GET INTO SHAPE WITH YOUR FRIENDS
OR MAKE SOME NEW ONES AT

THE GYM ON SPRINGFIELD

GROUP FITNESS SESSIONS

- Work with elite coach Rafal Kazanecki, strength and conditioning expert with a decade of experience.
- Learn exciting new exercise techniques.
- Learn and grow in a private and comfortable environment... this is not a scene.
- For men and women of any fitness level. Beginners to elite... all can succeed and achieve!
- Look and feel great at the pool this summer.
- Only 6 spots available per class.
 - ~ Tuesdays at noon
 - ~ Wednesdays at 6:30 PM
 - ~ Thursdays at 1 PM



Train with a kettlebell expert!

\$20 per class-package of 10 classes

\$25 per class bought individually

Call (973)986-2397 or email thegymonspringfield@gmail.com to reserve your spot today!

THE GYM ON SPRINGFIELD

Tim Reynolds is the owner of THE GYM ON SPRINGFIELD and has been a personal trainer for the past 10 years, working at Peter Anthony Fitness in Soho and Tribeca, and at Body Reserve and Harbor Fitness in Park Slope, Brooklyn. He has trained clients of all fitness levels, from professional athletes to beginners, some of whom have worked with him for more than 8 years.

Tim has a background in teaching, having been a public school teacher in his home state of North Carolina. He finds this background particularly helpful when instructing new clients.

He now lives in Maplewood with his wife, Suzanne and their two children, August and Sinikka.



Adventurer **Adam Werdenschlag** brings 15 years of expertise in biomechanics, movement analysis, skill development and leadership to The Gym. Through the use of the often quoted but largely misused system known as Periodization, Adam designs sound, quality programs that target strength & conditioning, power, agility, movement analysis, athletic & outdoor skill development and lifestyle fitness.

His athletic background spans: Mountaineering, Traditional Rock Climbing; Mountain Running; Snowboarding; Marathoning; Whitewater Kayaking, Elite Mountain Bike Racing; and Lacrosse.



Pam Wolpov is our newest addition to THE GYM. She is passionate about health and fitness and sharing its effects on mind, body, and spirit. After many years of absorbing information from multiple sources in the fitness industry including but not exclusive to yoga, weight training, plyometrics, nutrition, core strength, balance training and athletic conditioning, the natural progression was for Pam to begin to share the wealth and get her personal training certification.

Pam's creative background and instruction skills help her to better communicate with her clients the necessary and realistic ways to feel better and gain inner and outer strength.

Pam lives in Maplewood with her husband (Dave) and three young boys.



Rafal Kazanecki has been a strength coach and a personal trainer for over 10 years, having served as Head Coach Consultant for a professional volleyball team in Poland. He has also worked as strength coach to basketball and volleyball players. He trains all levels ranging from beginners to advanced clients.

Rafal clients have recorded great progress through hard work and his guidance, one achieving 100 lbs overall weight loss in one year while maintaining her muscle mass and significantly improving strength. Others gained strength, improved their game, stayed injury free or recovered through rehabilitation and injury prevention techniques. His favorite training implements are kettlebells, sandbags and olympic lifting technics.

Rafal is currently studying physical therapy to further enhance his knowledge and help his clients. He lives in West Orange with his wife, Ania, and two young boys- Julius and Lucius.

