

Lindsay Montague

Exercise Physiologist

Bachelor's Degree from Central College Exercise in Science Health Promotion
ACSM Exercise Physiologist

My hobbies include balancing family and leading an active and healthy life. I enjoy playing volleyball competitively and recreational.

I am passionate about helping my clients feel and move better with improved energy, strength, balance, coordination and flexibility. I incorporate customized Pilates and functional exercises into every session. Exercise, when done correctly, can be beneficial physically and mentally. Some days the body needs a focus on soft tissue therapy, some days the emphasis is best on whole body movement and strength or targeted muscle development. Other days we concentrate on stress relief. I enjoy working with a variety of client and every unique person I see expands my knowledge of health promotion.

Personally, I have used exercise to help heal my own body. In addition to mitigating sports injuries and two pregnancies, my daily regimen has helped with my natural aging process. I am in the best shape of my life and I feel great! I'm excited to bring my passion and energy level from the Rec Center to all of my life activities including my family.