

Robin Hinrichs

Exercise Physiologist

BA in Health Promotion from UNI
ACSM Exercise Physiologist
FMS Certified
Balanced Body Reformer Pilates Instructor

You can find Robin balancing life between part time fitness training in the mornings at the Rec Center and part time at home managing mom life of 2 kids. When not at work, you will find Robin and her family outdoors - camping, fishing, and exploring -or running to sporting events and dance classes.

My passion is helping others no matter where they've come from, where they've been, or where they're going in their health and fitness journey. I believe all of life's challenges are opportunities for growth. I believe there are absolutely no limits but the ones we place on ourselves. Reaching your fitness goals affects all areas of your lives, so go get it!