



Cindy Senk

FITNESS AND WELLNESS SUPERVISOR



Education: Springfield College - M.Ed in Rehabilitation

Professional Certifications: AFAA group exercise, personal fitness trainer; Yoga fit instructor; Arthritis Foundation instructor trainer in pool and land classes; United States Water Fitness Association instructor trainer; AAI Pilates instructor

Philosophy: It is important to me because exercise improves my quality of life. I have osteoarthritis and scoliosis and exercise helps me with pain management on a daily basis. I believe exercise is medicine.

Hobbies: Hiking, swimming, Chi Running

Activities: I love to read and spend time with my 3 children.

Favorite Quotes:

“Make the time for fitness.”