

PROFILE



A Touchmark® affiliate

Health & Fitness Club

Enriching your life



Lindsey Peterson
Director
Health & Fitness Club

Lindsey oversees all aspects of the Health & Fitness Club that offers an extensive array of programs and classes to residents of Waterford on West Century as well as to members from the broader community.

Prior to her position at Waterford, Lindsey served as the Membership Coordinator and Personal Trainer at Xtreme Measures Health Club, where she developed and executed sales and marketing as well as designed fitness programs for women. She also worked as a Program Intern for the Hilton Head Health Institute, conducting fitness assessments, instructing fitness classes, and leading recreational activities. Prior to that, Lindsey was a Fitness Specialist for the North Dakota State University Wellness Center, conducting personal training sessions for clients of all ages and organizing a wide range of incentive programs.

Lindsey received her Bachelor of Science in Exercise Science from the North Dakota State University. She also received a minor degree in Psychology. She holds certifications from the National Exercise Trainers Association as a Group Fitness Instructor, the American Red Cross in CPR/AED, and the American College of Sports Medicine as a Health/Fitness Instructor.

Lindsey enjoys spending time with her family, reading, traveling, spending time outdoors, being around water, and challenging her mind and body through fitness. She also has participated in Fargo's half marathon in 2005, 2006, 2007, and 2008.

09/08

Waterford Health & Fitness Club

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