

DECEMBER INSTRUCTOR SPOTLIGHT:

RAMYA GOVINDARAJAN



MEET RAMYA

Ramya started with THPRD in 2019 as a fitness intern and has been working here as a personal trainer and group fitness instructor ever since! She began her fitness journey after partnering with a very persistent neighbor to take on a half-marathon! Running and running-related injuries inspired Ramya to dive deep into the world of fitness and work in an industry where she can help others attain their fitness goals and live their best injury-free life! Ramya loves to read - ask her what she's currently reading for a good book recommendation! In addition, you can find Ramya outdoors hiking all that Oregon has to offer or letting loose with some Bollywood style music and dancing!

ADVICE TO PATRONS

“Start small and find an activity you enjoy! It’s so much easier to stick with it if it’s fun and you slowly build!”

REWARDING MOMENT

“A new patron in my FUNctional chair class told me after just 2 weeks of doing the class he was able to go for a 20min walk without knee pain after years. Another gentleman who started doing the TRX class last week told me he really enjoys the class and his BP is so much lower because he is laughing so much in the class!”

SPECIALTIES AND FACILITIES

Certifications:

ACSM Personal Trainer
NASM Corrective Exercise Specialist
Strength & Conditioning for Seniors
TRX Suspension Training

Train with Ramya:

Cedar Hills
Conestoga
Elsie Stuhr
Garden Home