

Wendy Hessinger

BACKGROUND

Wendy has been a resident of the St. Petersburg area since 1999 and has lived on St. Pete Beach since 2014. She is originally from the Pocono Mountains in Pennsylvania. She has been in the fitness industry since 2006, before she was a stay at home Mother to three children, now grown, one of whom is a NCAA diver at FSU. Wendy began her passion for yoga in her early twenties in college after taking yoga as a physical education credit. It has been a lifelong journey that has transformed her life.

EDUCATION/EXPERIENCE

Wendy attended college at Nova University and Eckerd College and graduated with a B.A. in Human Development. She also has her personal training certification with American Fitness Association of America (A.F.A.A).

PERSONAL TRAINING

Wendy's extensive training in yoga and SilverSneakers® allows her to have the ability to train for strength, flexibility, balance and an overall improved sense of wellbeing, both physically and mentally. She is certified in Yoga, Water Aerobics, SilverSneakers® Classic, Cardiofit and Yoga Stretch.

