

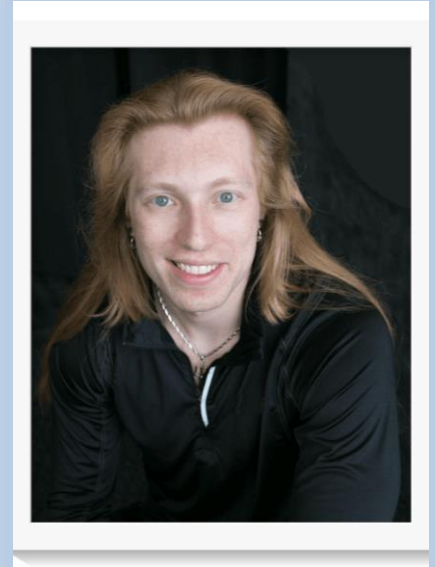
STEVEN FROLOV

MANAGER/PERSONAL TRAINER

Steven Frolov is a graduate from Southwest State University and North Hennepin Community College with a Bachelor's of Science in Exercise Science/Kinesiology along with having had certification through the National Academy of Sports Medicine (NASM). Steven has over 7 years of experience professionally managing gyms & personal training throughout MN and WI.

Areas of Personal Training expertise include:

- Weight-loss
- Corrective Exercise
- Rehabilitation
- Older Populations
- High-Risk Populations
- Body-Building
- Athletic Training
- Recovery
- General Nutritional Advice



“Fitness has always been a part of my life from when I was first introduced to it as a kid to having the university education to having been applying the teachings of it to others. As a manager and a personal trainer, it is my responsibility to ensure my members/clients feel supported, empowered, and have a clean & safe environment to be successful regardless of where they are starting. It’s never too late to get on a program and/or join a fitness community to change your life which is what makes my job so rewarding. Imagine if you made a change today what would your life look like? Imagine if you did nothing different? The wellness and safety of my members is a priority and I strive to ensure they get just that. If you have any questions, please feel free to ask me, or just come by and say hi!”

Outside of Personal Training, Steven is a regionally touring & recording musician who plays guitar, bass, drums, and also records, mixes, and master’s music.

Comments or Questions? I’m here to help!
Call, E-mail, or send us a message on Facebook!

(763) 559-6286
(steven.frolov@plymouthcreekathleticclub.com)



PLYMOUTH CREEK
ATHLETIC CLUB



steven.frolov@plymouthcreekathleticclub.com
(763) 559-6286
3131 Campus Drive
Plymouth, MN 55441

SCHEDULE A COMPLIMENTARY SESSION TODAY!

PERSONAL TRAINER

Get fit with me!

- ANY EXPERIENCE LEVEL, My focus is YOU.
- Specific programming adapted to your goals, needs & abilities.
- Commitment, motivation, accountability, support & empowerment.
- Weekly personalized attention.
- Specialized in weight loss, corrective exercise, rehabilitation, older populations, high-risk populations, athletic training, recovery.
- General nutrition advice

PT PLANS
1x Per Week
2x Per Week
3x Per Week