

Joey Schutz

“Helping Empower People Through Exercise.”

Education: University of Wisconsin-Whitewater

Certifications: AFPA-CPT, First Aid/CPR Certified.



I have an absolute passion for fitness and exercise. I love seeing results on my clients sometimes more than they do. To see someone lose weight or gain muscle and see their self-esteem improve, and to make a change in their life I believe is one of the most rewarding things I have ever done in my life. I have played football professionally and been around some very gifted athletes and I have also worked in multiple gyms and worked with various clients with conditions ranging from spina bifida to autism and

visual impairments. I have worked with seniors, helping them regain strength and balance to regain an active lifestyle and I have helped many women lose up to 50+ lbs. I have an extensive sports background including training with some of the top trainers from UW -Madison, UW -Whitewater, UW -Oshgosh as well as top trainers from the midwest area. I am committed to changing people's attitudes about working out and finding ways to start and maintain an active lifestyle so they can live their lives to the fullest and experience all the great things life has to offer.

"I have changed my life and lost 50 lbs since working with Joey and changing my eating habits... he has also worked with my husband and given him some great exercises to help him with his lower back pain and physical therapy."-Marlene Lobel

"Joey has been an excellent motivator and role model of fitness for me. He is such an extrovert and encourager and makes even a bad day so much better. He has given me new energy and strength."
-Cynthia Pike



Contact Joey at: (608)772-2167 or
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