

Louisville Orthopedic and Fitness Trainer Partner to Promote "Train Like A Girl" Program to Encourage Y

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Louisville orthopedic surgeon Stacie Grossfeld MD and certified personal trainer Cindy Geer are teaming up to promote fitness and strength for young women. This effort includes Cindy Geer's Train Like A Girl program, a 6 week class, offered at The Training Studio for girls 12 to 18, designed to increase strength and stability.