



MADONNA RUNS WITH TRAINER ROB PARR.

Sarah Scott and Jennifer White (512) 454-4766. *Facilities:* Ironsmith Body Inc. Sports & Fitness Training Center. *Clients:* High school and college basketball players, doctors, lawyers, people with health problems such as diabetes, cancer, and osteoporosis. *Fitness philosophy:* All clients learn balance and alignment to prevent injuries before moving on to other kinds of training. Clients progress from working on health, then fitness, then on sports-specific training. *Specialties:* White coached college basketball for eight years, and both Scott and White travel around the country teaching injury prevention to college basketball coaches. *Price:* \$60 an hour; discounts for bulk purchases.



TOBIN TEACH PROPER BICEPS

to \$55 an hour in an hour in homes.

WEST

Dallas
Colleen Glenn (214) 528-3335. *Facilities:* Glenn Studio, located within Larry North Total Fitness. *Clients:* Don Henley, socialites, physicians, and attorneys. *Fitness philosophy:* Glenn encourages cardiovascular work and weight training, but believes Pilates must come first to build alignment and posture. She tries to avoid overdeveloping some muscles and leaving others weak and prone to injury. After she has worked with clients, she refers them to strength and conditioning trainers. *Price:* \$50 an hour; discounts for bulk purchases.

477-8842. *Facilities:* Club Austin and

all-star trainers

Personal trainers once belonged only to the rich and famous; now it seems like everyone either *has* a personal trainer or *is* one. Some are known for their celebrity clients (who hasn't worked with Demi Moore or taught yoga to the Grateful Dead?), others for rehabilitating the injured or for teaching Pilates, an exercise technique that balances and strengthens muscles and joints. Choosing a trainer isn't easy. Any hardbody can put up a sign and start teaching with no educational background. But the fêrred trainers are certified by the American Council on Exercise, the National Academy of Sports Medicine, or the American College of Sports Medicine. The best ones have built their busy schedules and reputations through word of mouth, and that's also how this list was generated; all of the trainers below were recommended by at least one other trainer. New York and Los Angeles may have the highest concentrations, but those in smaller cities were just as well praised. Clients cited include both current and recent trainees.

hotels and local residents, mostly women. *Specialties:* Endurance weight training. Smith looks at clients' home programs and comes up with something compatible. *Price:* \$75 an hour.

BOULDER
Peter Seamans and Glen Marshman (303) 546-9330. *Facilities:* The Max. *Clients:* Baseball player Steve Sax, skier AJ Kitt, and other professional athletes. *Fitness philosophy:* Eschewing carbo loading, Seamans and Marshman advocate a diet consisting of 40 percent low-glycemic carbohydrates, 30 percent protein, and 30 percent monounsaturated fat. They also do strength and cardiovas-