



Nick Schmidt

Nick Schmidt said he needed something drastic. He was seventy pounds overweight and exercise was far from his daily regime. Luckily, in November 2007, Nick met Aaron and has been training with him ever since.

"Aaron helped me get into the best shape of my life and enjoy working out again. The training sessions are always challenging and fresh. You never get stuck in a rut," says Nick.

Based on his accomplishments so far, "a rut" is something Nick probably won't get himself into again. Since he started training, Nick has competed in several triathlons including a half Ironman in June 2008. This past summer he completed RAGBRAI, a 485 mile, 7 day road bike ride across Iowa. In September 2010, Nick plans to compete in his first Ironman.

Along with his personal training with Aaron, Nick also does boot camp. "I enjoy the people that work out at Underground Functional Fitness. They are dedicated and fun to work out with. It's a great facility. The boot camps are challenging and a good change of pace throughout the week."

Nick works in commercial real estate and development. He enjoys snowmobiling, downhill skiing, biking, hunting, spending time at the lake, and doing mostly anything outdoors.