

# CERTIFIED PERSONAL TRAINERS

Contact a trainer for availability!

## Joe



**Certifications:** B.A. in Exercise Science; ACE Certified Personal Trainer; TRX Certified Trainer

**Areas of Specialty:** Strength and endurance training; Individuals with disabilities; Balance/Stability

**Fee Range:** \$40/session; \$20/half hour sessions

**Contact Info:** (319) 427-4191; joekafes@icloud.com

**Joseph Brown** Personal Trainer

## Sophia



**Certifications:** B.A. in Biology, NASM Certified Personal Trainer

**Areas of Specialty:** Cardio and muscular endurance training, Strength and conditioning for middle to high school athletes, New exercisers of all abilities

**Fee Range:** Free first session, \$30/hour or \$20/half hour. Groups of two for \$40/hour

**Contact Info:** (402) 705-6385; Sophia\_conant@yahoo.com

**Sophia Doty** Personal Trainer

**Tanya** *"I will build a program based on your individual needs and goals, to help you achieve a healthier, more fit lifestyle."*



**Certifications:** NETA Certified Personal Trainer; Tabata, H.I.I.T., Fitour Certifications, Spin/Cycling

**Areas of Specialty:** Fitness assessments; Muscle toning and strength training;  
Cardio interval training; Core strength

**Fee Range:** 1-9 sessions: \$30/session; 10+ sessions: \$28/session; Groups of two for \$40/hour

**Contact Info:** (319) 883-1221; elgsmama@yahoo.com

**Tanya Ganfield** Personal Trainer

## Clare



**Certifications:** ACSM Certified Personal Trainer; Spartan Obstacle Specialist

**Areas of Specialty:** Beginning exercisers (ages 12-100); Endurance event training (road races, triathlons, obstacle courses); Injury prevention/recovery; Self-esteem and body confidence

**Fee Range:** Single Person \$30/hour or \$20/half hour sessions  
Groups of two for \$40/hour or \$30/half hour

*Four session min. required for new clients to achieve a solid start on your journey!*

**Contact Info:** snyderclare@gmail.com

Available weekdays 8:30am-noon (other times may be possible)

**Clare Snyder** Personal Trainer