

CERTIFIED PERSONAL TRAINERS

Contact a trainer for availability!



"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: \$30/hour, Groups of two: \$45/hour

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

Tanya Ganfield Personal Trainer



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: \$30/hour or \$20/half hour sessions, Groups of two: \$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



Certifications: ACE Certified Personal Trainer

Areas of Specialty: Beginner to advanced client strength and cardiovascular training, Sport specific training, Fitness/Postural assessment, Powerlifting coach

Fee Range: 50% off first session \$30/hour or \$20/half hour. Group session available, email for details.

Contact Info: coachcollinvanderlind@gmail.com; Email for time availability

Collin Vanderlind Personal Trainer

Our certified personal trainers create individualized programs to help you reach your goals, designed 100% around you! With specialized certifications, our experienced trainers ensure you will get an effective workout with limitless motivation.

Contact one of our trainers today for details on how to get started!

