

# 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



## Megan

**Certifications:** B.A. in Exercise Science; Minor in Dance and Biology; ACE Certified Personal Trainer

**Areas of Specialty:** Core stability; Body/posture awareness; Muscle strength toning; Cardio interval training (HIIT); Fitness assessments

**Fee Range:** \$30/session; \$20/half hour session. Individual programs can be written, price depends on length and duration.

**Contact Info:** (712) 269-8779; megan.struck.ms@gmail.com

*"I want to help you become the BEST version of you that you can be. I will create a program that helps you to attain your goal. Let me help you get your fitness journey started!"*

**Megan Clark** Personal Trainer



## Tanya

**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

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

**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



## Sarah

**Certifications:** ACE Personal Trainer; Boxing; Kickboxing; Body Pump; Behavior Change Specialist

**Areas of Specialty:** Functional Movement; Core Strength and Stability; Muscle Toning/Strength Training; General Nutritional Guidance; Goal Coaching

**Fee Range:** \$30/hour

**Contact Info:** (319) 575-2256; sunshine2501@gmail.com

*"I love working with a variety of individuals, young and old, and helping each individual attain mental and physical wellness through a balanced lifestyle. I look forward to helping you find YOUR balance and become YOUR best self!"*

**Sarah Thompson** Personal Trainer