

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

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: \$25/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

Shelly



Certifications: AFAA/NASM Certified Personal Trainer; Weight Loss Specialist; Group Exercise Instructor; Barre, Yoga, TRX & Spin Certified
Areas of Specialty: Weight loss; muscle strength and muscle endurance; cardio strengthening; posture; balance; core strength and stability
Fee Range: \$40/session
Contact Info: (319) 230-2548; sjohannsen@cfu.net

"I will work with you to create and achieve a healthy, fit, and active lifestyle."

Shelly Johannsen Personal Trainer & Weight Loss Specialist

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

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 Struck Personal Trainer

Sarah



Certifications: ACE Personal Trainer; Boxing; Kickboxing; Body Pump
Areas of Specialty: Functional Movement; Core Strength and Stability; Muscle Toning/Strength Training; General Nutritional Guidance
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