

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 *"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