



**Certifications:** B.A. in Exercise Science; ACE Certified Personal Trainer; TRX Certified Trainer  
**Areas of Specialty:** Strength and endurance training; Core stability; Cardio; Functional movements; Experience in military/tactical fitness training  
**Fee Range:** \$40/session; \$30/session for veterans & active/reserve military personnel with proof of service (military ID or DD214)  
**Contact Info:** (319) 427-4191; bjoe8306@gmail.com

**Joseph Brown** Personal Trainer



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



**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 Johansen** Personal Trainer & Weight Loss Specialist



**Certifications:** NASM CPT; B.A. in Kinesiology  
**Areas of Specialty:** Strength and Conditioning; Core Stability and Postural Alignment; Flexibility/Mobility; Fitness Assessments  
**Fee Range:** \$35/hour and \$20/half-hour  
**Contact Info:** (319) 415-0553; brian.smith.k@gmail.com  
 Available early mornings and evenings

**Brian Smith** 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:** 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



**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



**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