

CERTIFIED PERSONAL TRAINERS

Contact a trainer for availability!



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



"I will provide you with a positive experience and a program that nurtures your specific needs, wants and goals."
Certifications: B.A. in Psychology, ACE Certified Personal Trainer, Mindfulness Certified
Areas of Specialty: Beginner to advanced exercisers, Mindful eating & movement/yoga, guided meditation, strength training, circuit training, injury prevention/recovery, form & functional movement, self-confidence, and body appreciation
Fee Range: \$40/hour, \$30/half hour ~Recommend 4 session minimum to create a foundation for growth! 1 hour required for first session. Guided meditations: 30-45min: \$20
Contact Info: info@holisticlifeconnections.com **Website:** www.holisticlifeconnections.godaddysites.com

Emma Clanin Personal Trainer



"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



"I believe in challenging the status quo of the term personal trainer through customized programs and providing knowledge to a health conscious way of life."
Certifications: NASM Certified Personal Trainer
Areas of Specialty: Beginner to advanced clients, youth, strength training, circuit training, functional movement, alternative mind & body health / *Areas of Experience:* CrossFit, Cycling, Running, Horsemanship
Fee Range: \$35/hour, \$27/half hour, \$10/20 Minute Assessment (For details please call/text!) / Package deals and group pricing available
Contact Info: bobbiegrosse@gmail.com; (319) 215-6836

Bobbie Grosse 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: Strength and conditioning, maximal hypertrophy training, and rehabilitation/injury prevention
Fee Range: First session 50% off; Standard rate: \$25/hour; Groups of two: \$35/hour
Contact Loren for other package and training program rates.
Contact Info: (319) 243-9227; emc2loren@gmail.com (Available during the summer months only.)

Loren Yarrow Personal Trainer

