

CERTIFIED PERSONAL TRAINERS

Contact a trainer for availability!



Sophia

Certifications: B.A. in Biology, NASM Certified Personal Trainer

Areas of Specialty: Cardio and muscular endurance training, Strength and conditioning for middle to high school athletes, New exercisers of all abilities

Fee Range: Free first session, \$30/hour or \$20/half hour, Groups of two: \$40/hour

Contact Info: (402) 705-6385; Sophia_conant@yahoo.com

Sophia Doty 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: \$30/hour, Groups of two: \$45/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: \$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

*Our certified personal trainers create individualized programs to help you reach your goals, designed 100% around you! With specialized certifications, our experienced trainers ensure you will get an effective workout with limitless motivation.
Contact one of our trainers today for details on how to get started!*

