

# 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



## **Loren**

**Certifications:** ACE Certified Personal Trainer

**Areas of Specialty:** Strength and conditioning, maximal hypertrophy training, and rehabilitation/  
injury prevention

**Fee Range:** First session free! \$25/hour or \$16/half hour, Groups of two: \$35/hour  
Contact Loren for package/program rates.

**Contact Info:** 319-243-9227; emc2loren@gmail.com

## **Loren Yarow** Personal Trainer

