



PERSONAL TRAINERS

TAYLOR CATRETT

ISSA Certified Personal Training
CPR/AED Certified

Kalona YMCA Rec Center Location
319-656-2400
Taylorcatrett14@gmail.com

Personal Trainer



"I want to help you reach your goal in a positive environment and push you to do your best! It's not just about the training but getting comfortable in your own skin, I want to help you do that! It's no fun not feeling confident, so let's start building confidence today!"

~ Taylor Catrett

ANGIE BOYSE

SCW Certified Personal Training
Keiser Spin Certified
CPR/AED Certified
Schwinn Cycling Certified
YMCA Team Leader Certified
ACE Group Fitness
SCW Pilates Mat work Certification
Iowa High School Coaching Authorization
Active Aging Certification

Wellman Parkside YMCA Location
319-646-8439
aboysel@washingtontony.org

Personal Trainer



"I'm not just a rep counter. I want to help you create a new lifestyle, one that is manageable and one that is focused on you as an individual."

~ Angie Boyse

JOLLEEN CERKA

Bachelor of Arts in Education from Coe
K-12 Physical Education Certification
7-8 Teaching Endorsement
Athletic Coaching Endorsement
SCW Personal Training Certification
Warrior Strength Certification
Warrior Strength for Kids Certification
Warrior Rhythm Certification
Basic Archery Instructor Trainer (BAIT)
St. James Catholic School's Archery Coach
SCW Active Aging credits

Washington Community Y Location
319-653-2141
jcerkarchery@gmail.com

Personal Trainer



"I want to help empower people with skills and tools to enable them to enjoy a longer, healthier life."

~ Jolleen Cerka

MINDI REES

SCW Certified Personal Training
SCW Certified Nutrition Coach
SCW Certified Life Coach
CPR/AED Certified

Washington Community Y Location
319-653-2141
mindi@legacyag.net

**Personal Trainer
Nutrition Coach**



"Life is all about finding the right balance for you! I'm committed to helping you with finding the right fitness & nutrition for YOU!"

~ Mindi Rees

ANGIE ALBERTS

SCW Certified Personal Training
Schwin Cycling Certification
Group Fitness Certification
Iowa HS Coaching Authorization
CPR/AED Certified

Washington Community Y Location
319-653-2141
angiemcnurlen@gmail.com

Personal Trainer



"I enjoy helping others improve themselves physically and mentally, and life in the fitness industry allows for growth in the multi facets of life. I've been in education for 26 years, and because I thrive on seeing growth in all people, I love working for the YMCA because it provides me with an opportunity to make a difference in the lives of ALL ages of people. My favorite quote is DO HARD THINGS, because nothing will work unless you do."

~ Angie Alberts

"My goal is to help individuals who want to improve health & wellness. If you struggle with workouts & diet, I'm committed to helping you reach a healthier lifestyle. Today is a great day to be amazing!"

~ Tammy Valentine

TAMMY VALENTINE

SCW Certified Personal Training
SCW Certified Nutrition Coach
CPR/AED Certified

Washington Community Y Location
319-653-2141
tkvalentine@hotmail.com

**Personal Trainer
Nutrition Coach**



DREW DICKERSON

SCW Certified Personal Training
CPR/AED Certified

Washington Community Y Location
319-653-2141
dmdickerson91@gmail.com

Personal Trainer



"I've been down that road of navigating through various fitness and nutrition programs constantly pushed onto us via social media from influencers trying to sell a product to make money. I've made all the mistakes myself before finding what works, which led to a 150lbs. weight loss journey & a fitness routine that's taken me to some of the highest peaks in the US. Along with completing multiple GORUCK events. I want to help others by simplifying the process, developing healthy habits, and shortening those unavoidable roadblocks that we encounter when committing to a healthier and more fulfilling lifestyle."

~ Drew Dickerson