



# YMCA OF WASHINGTON COUNTY PERSONAL TRAINERS

## ANGIE BOYSE

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

Wellman Parkside YMCA Location  
319-646-8439  
aboyse@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

"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

## ANGIE ALBERTS

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

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

**Personal Trainer**



## 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

## TANIA VILLA

SCW Certified Personal  
Training

Washington Community Y  
319-653-2141  
tanvilla16@gmail.com  
**(Fluent in Spanish)**

**Personal Trainer**



"I'm very passionate about helping others feel good. I believe that when you feel good, you do better in life. Creating a healthy lifestyle is more than just lifting weights, it's about focusing on your goals.

I enjoy showing others what their bodies are capable of doing with hard work and determination. It is my ultimate goal to help you reach a happy, well-balanced lifestyle that will help you become the best version of yourself."

~Tania Villa

"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 Small Group Personal Training  
ISSA Certified Personal Trainer  
ISSA Strength and Conditioning Specialist  
ISSA Nutritionist  
ISSA Bodybuilding Specialist  
CPR/AED Certified

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

**Personal Trainer**  
**Nutrition Coach**



## 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