



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
Kalona Rec Center YMCA
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

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



"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

DANIEL ANDRIOTES

SCW Certified Personal Training
CPR AED Certified

Kalona Rec Center YMCA
319-646-2400
danielandriota64@gmail.com

Personal Trainer



"I will help create a plan according to your goals and aspirations that will be exciting and beneficial for a healthier life!"

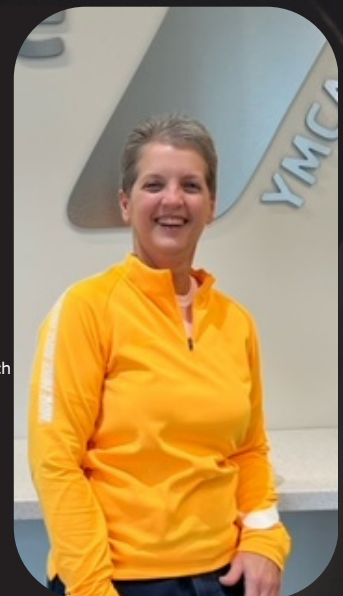
~Daniel Andriotes

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
SCW Aquatics

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
GX Instructor

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!"

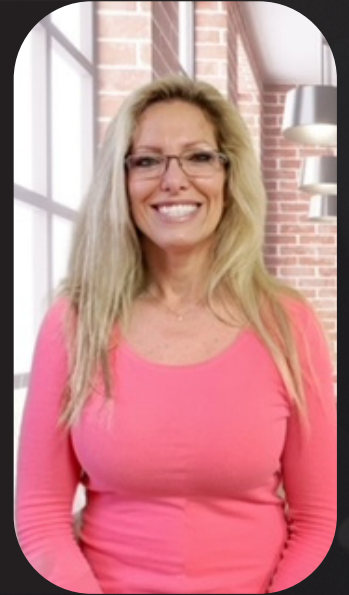
~Tammy Valentine

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



"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

MINDI REES

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

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

Personal Trainer
Nutrition Coach

