

# Beth Mattson

Although she is not a stranger here at the Y, Beth is the newest personal trainer to join our team. She has completed her personal trainer certification through NETA and is ready to work one on one or in a small group towards your fitness goals



Beth graduated from NDSU where she played volleyball. She went on to coach high school volleyball at Greenway.

Besides her coaching experience, she also has been a group fitness instructor at the Y, teaching Barbell Strength and Insanity among other classes.

Email: [beth.mattson@yahoo.com](mailto:beth.mattson@yahoo.com)

## What is a Session Like?

Each session usually lasts about an hour. The first meeting is devoted to assessing fitness level, body measurements, exercise and health history and goals. Be prepared to step on the scale, have your body fat tested and answer specific questions about your goals. After that, you'll spend each session doing cardio, weight training, flexibility or other activities depending on what your goals are. Your trainer will show you how to do the exercises, help you figure out how much weight to use and give you pointers for getting the most out of each exercise.

# Katie Thies

Katie has 30 years experience leading group fitness classes. An expert and highly respected in the fitness industry. Katie is now working one on one with individuals that want that personal attention when it comes to practicing yoga. She can help in ways of:



- ◆ Mastering the basic poses of yoga
- ◆ Rehabbing an injury or prenatal
- ◆ Meditation
- ◆ The challenge of "advanced" poses
- ◆ Private group yoga classes on or off the YMCA campus
- ◆ Or helping an individual succeed with their own yoga practice

Email: [thies@paulbunyan.net](mailto:thies@paulbunyan.net)

## Fitness Assessment \$20

Assess your current fitness level with a Personal Trainer. Test your cardiovascular endurance, strength, flexibility and body composition. Test before and after you start a training program.

Set goals for a better you!



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# PERSONAL TRAINING

ITASCA COUNTY FAMILY YMCA  
400 River Road  
Grand Rapids, MN 55744  
[www.ymcaitasca.org](http://www.ymcaitasca.org)  
phone: 218-327-1161

## Beth Joki

Beth is a graduate of the University of Minnesota Duluth with a Life Science and Physical Education major and a minor in coaching.



She coached volleyball, basketball and track at Grand Rapids High School for 19 years.

She completed her Personal Training Certification in 2000.

Beth has worked at the Itasca County Family YMCA since 2000 teaching classes and working with individual clients on their personal exercise goals.

Email: [joki@mchsi.com](mailto:joki@mchsi.com)

## Petra Cervenkova

Petra brings much competition and rehab experience to the personal training team at the Y.



In 2016 she graduated with an AAS degree as a Physical Therapist Assistant from San Juan College, Farmington, NM. She also attended the University of Ostrava, Czech Republic, earning an BS in Economics.

She is an ACE certified personal trainer in addition to coaching the Biathlon & Nordic Ski Team. She has been coaching since 2002.

Her achievements include participating in many Biathlon World Championships, 1992 Winter Olympic Games for Biathlon and the European Cup Races.

Her passion is fitness!

Email: [pcervenkova@hotmail.com](mailto:pcervenkova@hotmail.com)

## Amber York

Amber has her Action Personal Training Certification is a Certified Coach through Itasca Community College. She is also certified in HITT training and enjoys teaching group classes as well as working one on one. She has over 10 years of fitness and athletic experience between her own personal training and coaching others.



My favorite rules to live by are the four D's to success "Desire, Dedication, Determination and Discipline." With all these in place nothing can stop you from achieving your goals.

Email: [amberkolm@yahoo.com](mailto:amberkolm@yahoo.com)

- Personal Training Sessions expire 1 year after date of purchase.
- Members may sign up for a free fitness orientation to instruct on correct use of our weight circuit and/or cardio machines.

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Our Personal Training staff is "First Rate"! Our Certified Personal Trainers will create a program for you based upon your individual fitness goals. Whether you are new to exercise, recovering from an injury, want to tone and firm your muscles or you are an athlete who needs to break through a plateau, a Certified Personal Trainer can develop a safe and effective exercise routine for you.

For questions on which trainer is right for you, or any other Personal Training questions, contact Kris Bolin.

[kbolin@ymcaitasca.org](mailto:kbolin@ymcaitasca.org) or call the Y and ask for Kris: 218-327-1161