

Beth Mattson

Beth 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 is a group fitness instructor at the Y, teaching a variety of class formats.

Email: beth.mattson@yahoo.com

Katie Thies

Katie has 30 years of experience leading group fitness classes. She earned her 200 hour yoga certificate in 2015. 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

David Hardy

David received his personal training certification through the International Sports Science Association in 2018. He started his journey in fitness during his early high school years and was able to develop a big passion for fitness, bodybuilding, health and dieting.



David played football for many years and ran track all through high school. He also has experience coaching football teams and track runners and still continues to coach these sports. David is eager to help people achieve their fitness and health goals and motivate people to be able to be the best they can be physically.

Email: david15hardy15@gmail.com

Greg Bounds

Greg is an ACE certified personal trainer and also completed their Fitness nutrition specialist program. He realized early on how important nutrition is in accomplishing your fitness goals.



Greg has been on his own fitness quest for over 40 years. He is a student of exercise and the fitness lifestyle, and loves learning how exercise can improve your life, and your outlook on life in every way. He competed in hockey, football, track and cross country. He was a JO Volleyball coach in Hill City for over 12 years. Fitness is a journey that can be passed on from generation to generation. You are never too old or too young to begin your journey. I look forward to seeing you at the Y!

Email: boundsy23@gmail.com



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
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

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 in Farmington, NM. She also attended the University of Ostrava, Czech Republic, earning a 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

Amber York

Amber has her Action Personal Training Certification and 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

- 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.



Nutrition Consulting

Kristin Klinefelter MS, RD, LD

Appointments can be made by leaving your name/number at the Membership Desk or email Kristin at: kristink@ymcaitasca.org

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 Janessa Pierzina.

jpierzina@ymcaitasca.org or call the Y and ask for Janessa: 218-327-1161