



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUR HEALTH YOUR GOALS OUR MISSION



## Wendy Kotter

**“I’ve been a group exercise instructor since 2000, and a NETA certified personal trainer since 2002. My passion is physical fitness and healthy living, and I love sharing this with others. I work with all ages and abilities. My focus is helping clients achieve their goals and maintaining them!”**

**Age: 50  
Hometown: Duluth, MN**

### **Qualifications:**

*NETA certified personal trainer  
Group Exercise Instructor*

### **Specialties/Interests:**

Physical fitness and healthy living