



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JEN ROSNAU

HEALTH & WELLNESS DIRECTOR

SUPERIOR DOUGLAS COUNTY FAMILY YMCA



Qualifications:

10 Years Certified Group Fitness Instructor
7 Years Certified Aquatic Exercise Instructor
7 Years Certified SilverSneakers Instructor
5 Years NETA Certified Personal Trainer

Specialties:

Strength and Resistance Training, Practical Yoga for Personal Trainers, Beginner Pilates, Aquatic Group Fitness, Boot Camp, High Intensity Interval Training, Active Older Adult Fitness, and Balance and Stability training



BIO:

I am the Health & Wellness Director here at the Superior Y. I fell in love with Fitness 12 years ago when I started my weight loss journey. I've been teaching fitness classes for 10 years now. I started as a participant & loved the energy & motivation group fitness provided. I started instructing classes and soon received my personal training certification, now I have the privilege of managing this department. I will never forget my roots though. I am an Instructor through and through which follows me into my personal training style. I will be side by side with you motivating you all the way! The Y has offered me so much over the years and I feel blessed to help others along their journey.

