

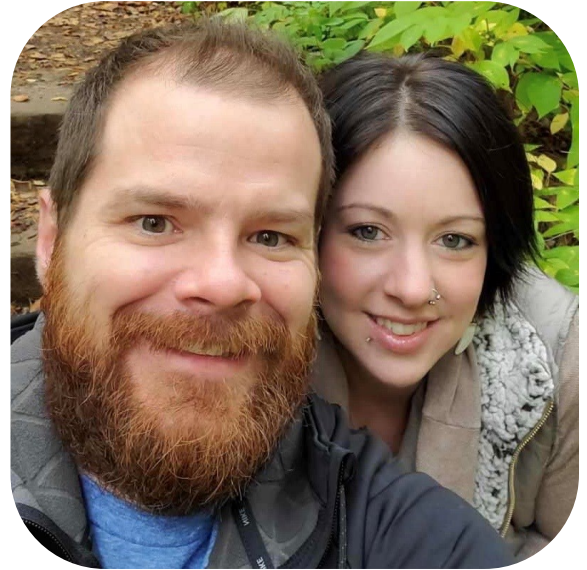


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JEN ROSNAU

Health & Wellness Director

SUPERIOR DOUGLAS COUNTY FAMILY YMCA



Qualifications:

10 Years Certified Group Fitness Instructor
6 Years Certified Aquatic Exercise Instructor
5 Years Certified SilverSneakers Instructor
4 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 11 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.

