



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRISHA KALLINEN

PERSONAL TRAINER

SUPERIOR DOUGLAS COUNTY FAMILY YMCA

Qualifications:

10 years Certified Group Fitness Instructor
8 years NETA Certified Personal Trainer

Specialties:

Strength and Resistance Training, Interval Training,
Boot Camp, Power Yoga, and Barre Connect.

BIO:

I've worked in the medical field for 25 years as a Cardiovascular Technologist in the Cardio Cath Lab at Essentia. I've worked in the fitness industry for 10 years as a group fitness instructor and certified personal trainer. I have a passion for fitness and enjoy sharing my knowledge with others while helping them achieve their goals.

