



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

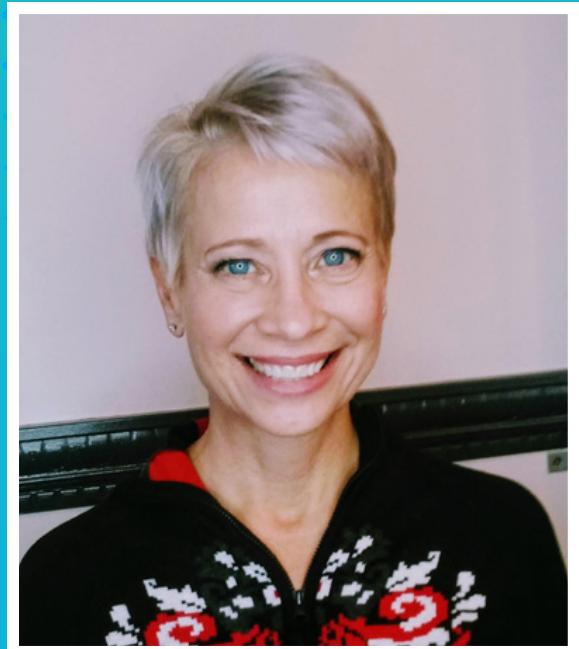
MEET ONE OF OUR PERSONAL TRAINERS

Ann Clausen

**ACSM Personal Trainer
Group Fitness Instructor
Yoga Alliance Certified Yoga Instructor**

Achievements

**USA Top Ten Ranked Triathlete (1989)
Boston Marathon Qualifier (1991)
Swim Team Coach & Collegiate Swimmer
USLA Lifeguard Games Champion (1988)
Owner of Body Logic Fitness
Owner of Fitness for Her**



Ann's Fitness Philosophy

I have been lucky enough in life to work doing what I love; making people feel better and live well. It's a win-win and so rewarding. Keeping people consistent in their health and fitness journey is my goal. Patience, knowledge and motivation is what you will get from me. Together, we will address your personal needs and keep you moving in the right direction.

To train with Ann sign up by scanning the QR code or by visiting GenevaLakesYMCA.org/pt to complete a Personal Training Request form.

