



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KANDIYOHI COUNTY AREA FAMILY YMCA PERSONAL TRAINER

I am passionate about fitness and helping people of all ages and abilities to reach their fitness goals and be their best selves!

- ◆ Bachelor of Arts Degree
University of Minnesota
- ◆ License in fitness
- ◆ License in coaching
- ◆ License in Education
- ◆ NETA certification in strength
and conditioning
- ◆ 2019 Senior Olympics Quali-
fied
- ◆ 1990 Girls track Coach of the
year
- ◆ 1979 Nationally recognized in
basketball



Janel Rodahl
YMCA
Personal Trainer