

VETERANS MEMORIAL COMMUNITY CENTER

PERSONAL TRAINERS

CONTACT DETAILS

tyork@ighmn.gov
651-554-3420

“I have some physical limitations due to knee arthritis, but I am grateful and excited that Teri was able to develop a strength-training program around my limitations to help improve my strength and overall health.”

— CONNIE



Teri York

PERSONAL TRAINER



Personal Summary

As a mother of four, Teri understands how to get a quality workout in with a busy schedule.

As a former dancer, she has extensive knowledge of body alignment, balance and strengthening the core.

She enjoys connecting with people and works well with all ages and fitness levels, and is here to help you reach your fitness goals.

Core Skills

- SCW Certified Personal Trainer
- STRONG and Zumba Certified
- Aqua Certified
- SilverSneakers
- Barre
- TRX and Kettlebell Certified
- Tai Chi Certified
- Three years of experience

CALL OR EMAIL TERI TO SET UP YOUR APPOINTMENT

