

# VETERANS MEMORIAL COMMUNITY CENTER

# PERSONAL TRAINER

## 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 the challenges of fitting in a quality workout with a busy schedule. With a background in dance, she has extensive knowledge of body alignment, balance, and core strengthening. Her expertise allows her to create effective workouts that enhance stability, strength, and overall movement.

Teri thrives on connecting with people and works well with all ages and fitness levels. Whether you're just starting or looking to take your fitness to the next level, she is here to help you reach your goals with personalized guidance and support.

### Core Skills

- SCW Certified Personal Trainer, 5 year's experience
- Tai Chi Certified
- Group Fitness Certifications, 18 year's experience:
  - STRONG Nation, Zumba, Circl Mobility
  - Arthritis Aqua Certified
  - Silver Sneakers Classic, Splash and Yoga
  - Barre
  - TRX®
  - Kettlebell
  - Walk with Ease

CALL OR EMAIL TERI TO SET UP YOUR APPOINTMENT

