



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HANNAH JULKA

PERSONAL TRAINER
FOND DU LAC FAMILY YMCA

EDUCATION: Education: B.S., Kinesiology; emphasis in Exercise & Fitness, UWO

CERTIFICATIONS: ACSM Personal Trainer, TRX certified, Rock Steady Boxing Coach, CPR/AED American Red Cross

SPECIALTIES: Functional Training, Corrective Exercise, General Health & Weight Management

PERSONAL BIO: I have a passion for finding my clients' motivators and pushing them to be their very best. Whether regaining strength, toning, or working with an athlete to prepare for an upcoming season, I love to help people achieve their goals. I believe with hard work and accountability anything is possible. Giving clients a strong foundation of exercises that can be performed at the gym or at home, even with limited equipment, helps them reach goals. If I can help my clients enjoy working out and leading a healthier lifestyle from our work together, I could not be happier.

