



# TANYA GILLEN

## ABOUT ME

I am a native of North Dakota and have lived in Minot for 6 years with my husband and my daughter. I have three bachelor's degrees and I am working on my forth in the nursing industry. In my free time, I enjoy leisure, long bike rides, indoor cycling, swimming, traveling, lake life, and spending time with my family. I have been in the fitness and rehabilitation industry for over 25 years. I specialize and enjoy teaching my clients how to fix their bodies in order to have a good quality of life.

## SPECIALIZATIONS

- Parkinson's Exercise
- Post-Rehab Exercise
- Functional Fitness
- Corrective Exercise

## CERTIFICATIONS

- ACE Personal Training
- CPR & Adv Cardiac Life Support
- ICG Cycling
- SilverSneakers

## BIGGEST RESULT WITH A CLIENT

My Women on Weights (WOW) group I started in the gym I owned still continue to meet and do the exercises I left in a binder for them. It's been almost 7 years since I've last coached them!

## MY TRAINING STYLE

I have trained all levels of fitness, including kids, athletes, adults, and seniors. You need a modification to an exercise? I will teach you! You think you can't, I will teach you how you can with modifications and how it will impact your life!

## FAVORITE WORKOUT

Barbell classes like Body Pump, spinning, and core work!

**“Keep moving to keep losing!  
Exercise to handle your every  
day work and activities!  
Inactivity is a fast-pass  
to ailments!”**

## MY Y STORY

I have been with the YMCA since Oct 2016, both as a Trinity employee in exercise physiology and as a staff for the fitness floor. I began the Parkinson's exercise program in Sept 2019. In 2020, I took on the role as the Group Fitness Coordinator. As of Jan 2023, I am now a personal trainer for the Y and sub group fitness classes when I can. I enjoy the people I have met over the years and have developed some amazing working relationships with many of my co-workers.