

Diane Stokka, Certified Personal Trainer and Group Fitness Instructor

Diane started teaching fitness classes after a bout of endocarditis when at age 22. A four-week hospital stay left her weak, and the doctor told her she needed to strengthen her heart muscle. She turned to aerobic dance since it was a fun way to exercise. Eventually, Diane started teaching classes. Since then, she has taught fitness classes of every kind and in every capacity since 1984, and had also managed a fitness and personal training business since 1991.

In her spare time, Diane likes horseback riding, slalom waterskiing, cycling and tennis. She also sing professionally with her husband of 41 years, and they have 4 grown children and 11 grandchildren.

Began teaching fitness classes in 1984

Certified in Group Fitness and Personal Training by ACE

Worked with Dowling and Grandview men's soccer teams on pre-season conditioning 1985-1988

Taught college fitness classes at Grandview University 1988-1990

Fitness director at the YWCA 1995-1997

Taught fitness classes at Oakmoor, Aspen and EMC fitness facilities 1998-2013 (off and on)

Own and manage fitness business Musical Aerobics X-Treme Fitness from 1991 to present (classes and personal training)

Taught corporate classes for Newbury Corp for over 10 years

Taught Senior classes at Grand Suites, Beaverdale Estates, and the Lodge 1992 to present

Experienced instructor in Aerobic Dance, Strength Training, HIIT, Kickboxing, Yoga/Pilates fusion, Yoga Sculpt, Senior Fitness, and Sports Conditioning

Amateur racing as cyclist (Iowa Games road race and time trial, Race Like a Girl criterium, Big Creek Triathlon)