

**Bethany Tapp, Certified Personal Trainer**

Bethany graduated from Iowa State University with a B.S. in Kinesiology with a concentration in Exercise Science. She completed an internship with the City of Ames Parks & Recreation and has taught numerous fitness classes. Bethany is an American College of Sports Medicine Certified Personal Trainer and Certified TRX Trainer. Her main passion is one-on-one personal training with clients. On the side, Bethany is an avid runner and enjoys competing in 10ks and half-marathons.