

**Janice Gutknecht Certified Personal Trainer, STOTT Pilates Trained**

Janice has worked in the fitness industry for almost 30 years. She studied community health fitness at UNI and then began taking many years of continuing education. She has either trained or gotten certified in cycle, yoga, pilates reformer, kick boxing, aqua fitness, trx, pump, and anything else that came along. Janice loves helping others work towards a healthier lifestyle and achieve their fitness goals.