



EDUCATION: B.S. University of MN—Duluth, Major: Biology, Minor: Chemistry

CERTIFICATIONS: ACE: Certified Personal Trainer, American Red Cross: First Aid/CPR

FOCUS: Weight Management, Strength & Resistance Training, General Fitness

PERSONAL BIO: I started making fitness a priority during my freshman year of college and have been working out regularly for the past 5 years. I focus primarily on strength and resistance training, but partake in cardio training as well. I like to teach people about strength training and the importance of good form and injury prevention. Helping people achieve their fitness goals is one of my favorite experiences.

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STEFFEN BETTICH PERSONAL TRAINER