



KARA

Kara has been with the YMCA for over 20 years teaching group fitness at all level. Her experience ranges from Senior Fitness to Cycling and Boot Camp to Water Workouts. "As a busy mom, I completely empathize with knowing just how difficult it can be to balance your schedule between a full time job, a part time job while fitting in time to work out and eat healthy all while on the go to kids' sporting activities! I love the challenges workouts can provide and pushing all of us to do "JUST ONE MORE!!". Over the years, I have competed in figure competition, completed several half marathons, two full marathons and one Ultra marathon just this past May. Did I mention I despise running??? One of the best quotes from Henry Ford that continues to help keep me challenged.... "Whether you think you can, or think you can't.... you're right." - Kara



TINA

Tina is a newly certified trainer with a strong passion for fitness and helping others live a healthier lifestyle. Her personal fitness journey has evolved over the years, but includes experience with long distance running, boot camp, functional fitness style classes and quad skating. Her biggest passion is for weight lifting where she has over 4+ years of training. Professionally, Tina has experience teaching functional exercise classes and doing personal training. Outside of the gym, Tina enjoys spending time with her boys, skating at the roller rink, traveling, and exploring in the great outdoors. Tina is a Burlington native.



JO

Jo has been with the YMCA for 32 years. She started as a fitness instructor, but with a strong interest in helping people reach their fitness goals, she added personal training to her resume. Jo's certifications include YMCA Strength and Conditioning Instructor, YMCA Group Exercise Instructor, Silver Sneakers Instructor, Livestrong at the YMCA Instructor/Project Manager and CPR/AED. Jo's 11 years as a personal trainer have given her experience working with different fitness levels, age groups, physical limitations, diseases and injuries. Here at the Burlington Y, Jo helps members learn how to exercise properly and use equipment. She is also available to set up exercise programs and answer questions. In her spare time, she enjoys sewing, hiking outdoors, travel and her grandchildren.