



# Karen Stefaniak

## NETA-CPT, ACSM

### EDUCATION:

Bachelor Degree from Eastern Illinois University  
In process of a Master's Degree in Health Education

### CERTIFICATIONS:

NETA Certified Personal Trainer; ACSM Certified Wellness Coach; Certified Turbo Kick Instructor; AED/CPR Certified

### AREA OF SPECIALTY:

Karen has taught a variety of fitness class formats including step, boot camp, interval training, kickboxing and classes for people 60 and over. Besides teaching fitness classes she likes to run for both pleasure and in competitive events.

### EXPERIENCE:

Karen is currently the Wellness Program Administrator for Health Alliance Medical Plans and she has held the position of Sports and Fitness Director for both the Danville and Champaign County YMCA's. She has also taught group fitness classes for over 20 years and is currently teaching the Let's Get It Started class MWF at 5:30 am.

### TRAINING STYLE/PHILOSOPHY:

Karen believes that everyone, with a little coaching, support and encouragement, has the power inside of them to do whatever it is they make up their mind to do.

### MY PASSION FOR FITNESS COMES FROM:

She has a passion for helping people find ways to stay healthy in a super-sized world.

