

John Swoboda

Known in the club as “Big John,” John Swoboda is co-owner of the club with his wife, Summer Kuehn and director of the personal training program.

One of John’s earliest memories is seeing “the godfather of physical fitness,” Jack LaLanne, on TV and being very impressed. For decades now, John has been in the gym as a sports coach and strength trainer, personal trainer, and for his own bodybuilding work. (He’s won several Mr. Natural Minnesota titles.)

John’s personal philosophy of training is that you need “perfect form, perfect diet, and consistency.” He’s a very positive trainer, insisting that “if you do the right things, it can’t not work,” and adds that there’s nothing better than helping people reach their goals.

As personable as he is knowledgeable, John makes it easy to get started down the path to a better you. Though he specializes in people or athletes who want to take it to the next level, he works with anyone from 14-years-old to senior in the Silver Sneakers program.

In his downtime, John enjoys practicing martial arts, roughhousing with three huge dogs, and fishing.

Michael Berry

Mike brings a lifetime of diverse experience to his personal trainer role here at the club. He became interested in fitness “50 years ago, at age 15.”

After a career in the Marine Corps that included a Purple Heart from Vietnam and 36 Years as a PGA tour professional, becoming a personal trainer was a logical next step.

Mike describes his motivational style as “love and kindness” and his personality as “Outgoing, happy and positive.”

He enjoys working with all ages, from the very young to seniors, and says that “fitness makes you feel good about yourself, which makes you a good role model for family and friends.”

Christine Miller

Christine believes the most important thing in life is having a POSITIVE ATTITUDE! A person's mind is a very powerful tool and I believe achieving success with you body starts with your mind. I like to make exercise programs challenging and fun for every individual. I want people to enjoy exercise so it can be both physically and mentally rewarding. I am dedicated in understanding each individuals needs and help you get into the best physical shape you can be in. I want you to feel better about yourself both inside and out. I want to help you achieve your goals by designing and monitoring a training program that will help you achieve your goals.

PROFESSIONAL EXPERIENCE

BA Degree, International Business – Augsburg College
RKC (Russian Kettlebell Certification) Personal Trainer
American Heart Association CPR Certified
Over 3 years experience working with Russian Kettlebells
Gymnastics Coaching Individual, small, and large group training

Tony Savage

Tony brings 13 years of personal training experience with him to River Valley Athletic Club. An NASM certified fulltime trainer here, Tony has worked with top national competitive bodybuilders and power lifters, top college athletes, and the finest personal trainers in the country. In addition to personal training, he certified in assisted stretching and Muay Thai.

He's been interest in fitness since a very young age-in high school you couldn't keep Him out of the gym and he's continued, true to form, since then.

Rebecca Shikenjanski

Rebecca is a certified personal trainer and certified group fitness instructor at River Valley. Known for creative workouts, Rebecca recalls watching her mom teaching aerobics back in the 70s, complete with legwarmers and headbands. (What were they thinking?)

Her ideal clients are “anyone willing to work hard for their results.”

On a personal note, her fitness accomplishments include high school and college dance line, three marathons, countless half marathons, 10Ks and 5Ks. On top of that, Three energetic young boys keep her moving at home.

Melissa Snyder

Melissa is dedicated to helping you realize your fitness goals. I will educate, motivate, and inspire you throughout your training sessions. You can expect a customized personal training program tailored just for you, complete with techniques and training tips. I also provide you with an individual benchmark assessment, and complete nutritional plan to meet your needs.

Melissa is certified in Personal Training and Nutritional Consultation for the National Personal Training Institute (N.P.T.I.) Melissa is also avid marathon competitor.

Claudia Stannard

Claudia is certified in Personal Training, Group Fitness and Pilates Mat & Reformer Instruction. With a BA in Psychology and Education, Claudia has a good grasp on how to help clients establish and achieve not only their goals, but also how to develop a body/mind connection in all their activity.

Claudia believes wholeheartedly in making fitness part of a life-long process where the ultimate goals are **good health** and **longevity**. She is direct but encouraging, and has high expectations which she works to get clients to uphold as well. Claudia knows the importance of creating a balance in the many activities and choices individuals have. That's why she teaches a variety of programs: Sculpt and Strength with an emphasis on core stability, Spinning and Pilates.

When not seen at River Valley, Claudia can be found traveling with her family or pedaling her FELT road bike in the fair-weather months and on the slopes or on the Pilates Reformer during snowier times. She competes in one triathlon and one road race each year.

Dana Lenander-Tholo

Dana is an ACE Certified Personal Trainer specializing in lifestyle and weight management. She also services as a group fitness instructor and is certified yoga Instructor with over five year's of experience.

An RVAC member since '92 Dana enjoyed her time here enough to make a career of personal training. She's been with us since 2000.

Dana describes her motivational style as either a "drill sergeant or hand holder, Depending on the client," and describes herself as "outgoing, dedicated, and decisive with Scandinavian work ethic."

If you're interested in changing the lifestyle patterns that contribute to weight issues, or if you have back or joint issues, contact Dana. She'll work with you to modify your Lifestyle to include proper eating, proper workout techniques and help you alleviate back And joint pain through exercise and proper stretching (including yoga).

In her downtime, Dana rescues dogs from abusive situations (she currently has six, "three Big and three little", cares for a diabetic cat, and tends perennial garden. She's married with two kids and says she's happy at home spending time with them.

Cherlyn Wisher

Cherlyn is a certified Pilates Group Instructor, and certifies Pilates and Pilates Reformer Personal trainer. She's taught at River Valley for five years and has been an avid Pilates Student for nine years.

Her fitness philosophy is to "find fitness activities you love-then it doesn't seem like Work." Her motivational style is "part teacher and part drill sergeant" and she describes Her personality as "nurturing, demanding, compassionate and driven."

Cherlyn's passion for Pilates is unequivocal."The joy of Pilates is that it can be modified To all the fitness level and age groups. I can make a top athlete beg for mercy or make someone physically compromised beg for more. Pilate speaks to my mind, body and soul-it is joy and satisfaction that I want to teach to others.

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