



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CRYSTAL JODARSKI

**PERSONAL TRAINER
FOND DU LAC FAMILY YMCA**

CERTIFICATIONS: ACE Health Coach ACE Personal Trainer; YMCA ACE Group Fitness Instructor; GGS Menopause Coaching Specialist; The Biomechanics Method Corrective Exercise Specialist; LIVESTRONG® at the YMCA Instructor; Enhance Fitness Instructor BPSM Ambassador Instructor

FOCUS: Mobility & Strength; Our bodies naturally find the easiest and most efficient ways to move and function throughout the day. Together, we'll build a strong foundation by focusing on proper movement patterns, then progress toward improving strength, mobility, and agility.

Whether you're new to exercise or looking to refresh and improve your current routine, I'd be happy and honored to support you, build your confidence, and help you reach your goals.

PERSONAL BIO: I joined the YMCA in 2016 as a participant in the LIVESTRONG® at the YMCA program for adult cancer survivors after my own breast cancer diagnosis in 2014. Completing the 12-week program inspired me to become a LIVESTRONG instructor to help others discover strength, confidence, and connection through movement.

Born and raised in Wisconsin, I spent the past 20 years living in several cities and states with my husband and two daughters. In 2026, we were fortunate to return to the area and be closer to family. Outside of the YMCA, I enjoy spending time with my family, being a horse show mom, and crocheting. I believe that no matter how busy life gets, there is always an opportunity to fit in a little movement!

