



Renee has 15 years of long-distance running experience and competes annually in the Great River Ragnar Relay, a 193-mile, 12-person team relay race from Winona to Minneapolis.



# Renee Miller

Personal Trainer  
Group Fitness Instructor

## Education:

- B.S. Technical Communication; Minor: Speech Communication - UW-Stout
- TESOL (Teaching English to Speakers of Other Languages) for Specific Purposes: Businesses, Communities, & Classrooms - UW-River Falls
- Currently completing physical therapy prerequisite coursework

## Certifications:

- NSCA (National Strength and Conditioning Association) Certified Personal Trainer
- Certified Zumba and Zumba Gold Instructor
- Healthways Certified SilverSneakers, Yoga Stretch, and Silver Splash Instructor

## Professional Experience

Renee has over 15 years of dance experience, including performing with the UW-Stout dance team, participating in ballroom dance lessons, and teaching Zumba Latin dance fitness classes.

Renee recently left the corporate world for the opportunity to share her passion for health & wellness as a group fitness instructor and personal trainer.

Before relocating from Wisconsin to Minnesota, Renee spent two years teaching business English in Hungary and traveling in Eastern Europe.