



CATHY

MetroWest YMCA Personal Trainer

MON-SAT

AM/PM

SEASONAL

Areas of Expertise: Personal Training and Small Group Fitness for Women, Senior Fitness, Group Exercise, Cycle, working with individuals of all fitness levels

Education & Certifications: Bachelor of Science, Northeastern University, National personal training institute. NASM Personal Trainer, LIVESTRONG at the YMCA Trainer, Schwinn Indoor Cycle Instructor, Healthy Heart Ambassador Instructor, Enhance Fitness Instructor, YMCA Group Exercise Instructor

"My Passion is to help you navigate through life stages to meet your fitness and health/wellness goals. I have always enjoyed being active, I enjoy hiking, working-out, gardening, golfing, and planning family and friends get-togethers."

