



STEPHANIE



MetroWest YMCA Personal Trainer

MON-FRI

AM/PM

SEASONAL

Areas of Expertise: Beginner workouts, HITT training, Circuit Training

Experience: Personal Trainer and Group Fitness Trainer at UMass Amherst, working with clients of all different ages and goals such as muscle gain, fat loss, and motivation

Education & Certifications: ACE Certified Personal Trainer, ACE Certified Group Fitness Instructor, Maddog Spin Instructor, Kinesiology Undergrad at UMass Amherst, American Red Cross Adult and Pediatric CPR/AED/First Aid

Something people don't know about me: Hoping to go onto get my Doctorate of Physical Therapy next summer!

"Motivating my clients to truly love fitness. I want them to come into the gym and want to be there, not feel like they have to be. I like to work with my clients to find the best workout structure for them that will meet their goals but also allow them to enjoy their time."

