



METROWEST YMCA

Personal Trainer: BRIANA WRUBLESKI

EXPERIENCE:

I have experience training a wide range of ages and fitness levels. I have been a track & field and cross-country coach for middle school students as well as a group exercise instructor for college students and for elderly residents at an independent living facility. At the YMCA I am a personal trainer and enjoy teaching FT, Tabata Bootcamp and Strength Training.

AREAS OF EXPERTISE:

Interval and circuit style trainings are what I love teaching the most. They are a style of training that can be modified for any fitness level with the opportunity for continuous challenge. In addition to fitness expertise, I also have a growing knowledge of nutrition and its role in reaching health/fitness related goals.

EDUCATION & CERTIFICATIONS:

Registered Dietitian Nutritionist, M.S. Food and Nutrition, B.S. Exercise Science

ACTIVITIES/ HOBBIES/ INTEREST:

I love to spend my free time hiking, strength training, running, cooking and being outside!

AVAILABILITY: Weekday evenings, weekends

“Everyone deserves to feel confident moving their body and reaching their health goals regardless of their fitness levels both past and present.”