



METROWEST YMCA

Personal Trainer: CAROL VON KELSCH

AREAS OF EXPERTISE:

Currently employed at MWMC working with adult patients with a specialty in Cardiac Nursing. Work with clients in the Cardiac Rehab Program and Livestrong Program at the YMCA.

EDUCATION & CERTIFICATIONS:

RN BSN, ACSM PT, Livestrong Instructor Graduate of Boston University with a BS in Nursing.

ACTIVITIES/ HOBBIES/ INTEREST:

When not working I enjoy swimming, biking, hiking and camping; my family and my dogs.

AVAILABILITY:

Monday - Friday | PM Only

“I find it satisfying to work with clients who are facing challenges initiating an exercise program and need the support of a personal trainer.”

**Ready to get started? Fill out this form:
[Personal Training Interest Form](#)**