



# **METROWEST YMCA**

**Personal Trainer:                    LAURA GILBERT**  
**Prevention Wellness Coordinator**

**EXPERIENCE:**

**Group exercise instructing since 2001 teaching cardio, strength, TRX, circuit classes, boot camp and more. Personal training since 2007 and helping clients with their personal goals while incorporating all areas of fitness. My first client was a semi-professional figure skater which was very intimidating to me as a new trainer. I did the research and we had successful training sessions that helped her advance her career in figure skating. Mat Pilates Levels 1 & 2 instructing since 2009 and love to teach the Pilates benefits of core strength, long lean muscles and body control.**

**AREAS OF EXPERTISE:**

**Balance instruction, Pilates, strength training, life style change for diabetes prevention and working with people in chronic disease and prevention programs.**

**EDUCATION & CERTIFICATIONS:**

**AFAA Group Exercise Instructor, ACSM Personal Trainer, FRA Mat Pilates, TRX Trainer, Live Strong at the YMCA Instructor & Coordinator, Matter of Balance Master Trainer, Enhance Fitness Instructor, Diabetes Prevention Life Style Coach, and Healthy Heart Ambassador Instructor (high blood pressure program).**

**HISTORY/ BACKGROUND:**

**My love for group exercises classes started at the Richard Simmons gym in Natick, MA. Now you know how old I am. Growing up I was not into sports or fitness but started taking group classes at the age of 18 and fell in love with exercise. I still remember being in a step class having a great time when the light bulb went off “maybe I could teach classes” and the rest is history. I also have an Associate’s Degree in Business Management from Mass Bay Community College.**

**AVAILABILITY:**

**Monday - Friday | AM and PM**

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