



METROWEST YMCA

Personal Trainer: LESLIE SCHOFIELD

EDUCATION & CERTIFICATIONS:

AFAA Certified Group Exercise Instructor since 1990, AFAA Certified Personal Trainer since 1992, ASCM Certified Personal Trainer since 2010.

ADDITIONAL WORKSHOP/ TRAININGS:

AFAA Certified Step Instructor, Turbokick®, Insanity and Piyo Certified Instructor, Pilates Certified, TRX, Indoor Cycling, Strength Train Together, Sunrise yoga an AFAA program Cardiac rehab, GZSPN Parkinson's Network Teacher Certification, Livestrong at the YMCA, Moving for Better Balance-Tai Chi based exercise, Matter of Balance, Healthy Heart Ambassador, Chronic Disease Self-Management Program Certified Leader Experience: Include TRX, Pilates, Indoor Cycling, step, step interval, step sculpt, Hi/low, H.I.I.T.(high intensity interval training)/boot camp/ Tabata classes, sports based training, Plyometric training, Kettle bell class format, Turbokick® style kickboxing, Insanity® Live, cardiac rehab, muscle conditioning, Parkinson's Disease class and Livestrong for cancer survivors at any stage of diagnosis, Prenatal and Postpartum classes and training.

HISTORY/ BACKGROUND:

Mother of three grown children, two still live at home. Degree in Accounting and Finance from BU, Municipal finance is the area currently working

AVAILABILITY:

Saturday | AM Only

Ready to get started? Fill out this form:

[Personal Training Interest Form](#)