



METROWEST YMCA

Personal Trainer: MERYL BANTEFA
Assistant Wellness Director

EDUCATION & CERTIFICATIONS:

B.S. Exercise Physiology , Minor In French, M.S. in Exercise and sports Science with a concentration in Strength and conditioning.

ADDITIONAL WORKSHOP/ TRAININGS:

I teach Powerful Girls, FT classes, cardio dance, and Bootcamp.

EXPERIENCE:

I have experience working and training athletes in a range of sports. I was an assistant track coach for sprinters and field events. I love focusing on the technicality of lifts and movement. I've also worked with older adults more so focused on core and flexibility to help them with their activities of daily living.

AREAS OF EXPERTISE:

My area of expertise is in Track and Field. I used to run track by myself and I was an assistant coach for some time as well. I love strength and conditioning and sports specific workouts. My main thing is strength training and I love doing a lot of core workouts. My main thing overall is functional training because you are able to target all parts of the body and be able to move the body in all planes.

PHILOSOPHY:

The philosophy that I developed as a coach is to reiterate that each individual brings something unique to the table and make sure the individual can set goals for themselves and see how capable they are in achieving them.

HISTORY/ BACKGROUND:

Born and raised in Benin west africa. Moved to the United States when I was 7 years old. Ran track for 6 years and I've been working out ever since.

Activities/ Hobbies/ Interest: I workout 5-6 times a week. I love traveling and going out to eat with my friends and family.

SOMETHING PEOPLE DON'T KNOW ABOUT ME:

I speak 3 language (English, French, Mina)

Ready to get started? Fill out this form:

Personal Training Interest Form