



**METROWEST YMCA**

## **Personal Trainer: BRENDAN LEBLANC**

### **Education & Certifications:**

- **B.S. Physical Education from Keene State College**
- **NASM Certified Personal Trainer; First Aid, CPR/ AED certified**

### **Experience:**

**10 years of Lacrosse coaching ranging from U-9 youth to assistant high school varsity coach; 2 years of youth sports class coaching**

### **Areas of Expertise:**

**Bodybuilding and athletic strength and conditioning**

### **Philosophy:**

**Getting in shape is a key to living a long and healthy life**

### **History/ Background:**

**Grew up in Natick, played lacrosse from youth to high school and walked on for Keene State college D3. Got into fitness through lacrosse strength and conditioning, continued with bodybuilding after lacrosse.**

**Activities/ Hobbies/ Interest: Lacrosse, Esports, Exercise**

**Something people don't know about me: I used to compete in competitive Esports**

**Ready to get started? Fill out this form:**

**Personal Training Interest Form**