



METROWEST YMCA

Personal Trainer: FRANCOIS MONESTIME

EDUCATION/CERT:

Went to American Academy of Training Boston (AAPT Boston)

EXPERIENCE:

I started working for Redwood PT right after school still work for them. Started working for MetroWest YMCA in October 2022.

AREA OF EXPERTISE:

Boxing, Strength Training, Youth Training, Weight Loss, Functional Training.

PHILOSOPHY:

My philosophy for training is master your weight. What I mean by that is there no way you increase weight or reps until the weight you start off with and no longer helping you develop muscle your targeting.

HISTORY/BACKGROUND:

Started off going to culinary school and finished. I had a full 14 year's career as a catering chef and nursing home cook. Always had a passion for training but never had the courage to pursue it until Covid hit everywhere. Now I'm working for Redwood and MetroWest YMCA.

ACTIVITY:

Working out, playing basketball, throwing the football with my boys. My older son has football practice every weekend. So I enjoy helping him develop his skills and getting him better at his sport.

HOBBIES:

Going for walks, hanging out with my friends and family. My friends and I want to do obstacles races like the Spartan race. Our goal is to get so good that we can run in that Spartan race.

SOMETHING PEOPLE DON'T KNOW ABOUT ME:

I was born in Haiti. My family and I moved here in 1996 when I was 4 years old. I was also born with 12 fingers and my youngest son was born with the same thing. Love music and like to dance. Actually wish I could sing that one thing I wish I could do. Also very patient person and very understanding and very will to help with anything.

Ready to get started? Fill out this form:

Personal Training Interest Form