



METROWEST YMCA

Personal Trainer: Vanessa Tielman

Education & Certifications: BA in Business Administration (The Hague University, Netherlands), NASM CPT, ACE GFI

Additional Workshop/ Trainings: Maddogg Spinning, TRX

Experience: Vanessa has been with the Y since October 2023 teaching indoor cycle and other group exercise formats.

Areas of Expertise: Indoor cycling

Philosophy: What can you do today that you have never done before? Vanessa feels fortunate to have the opportunity to share her passion for fitness in an inclusive and diverse environment like the YMCA.

History/ Background: Vanessa is originally from the Netherlands and after living in Barcelona for over a decade moved to Boston in 2014

Activities/ Hobbies/ Interest: Travelling, hiking, skiing, working out, and spending lazy days on the beach with her family.

Ready to get started? Fill out this form:

[Personal Training Interest Form](#)