



METROWEST YMCA

Personal Trainer: YASHARWAN PAUL

Education & Certifications:

- **NASM personal training**

Yash is a NASM-certified personal trainer. As a former track and field sprinter and currently a boxer, he's become familiar with the ways of fitness and the human machine. New to the YMCA and the field of personal training, Yash's mission is to tend and ignite the athlete in everyone (and that means ANYONE).

Ready to get started? Fill out this form:

[Personal Training Interest Form](#)