



# **METROWEST YMCA**

**Personal Trainer: BROOKE D.**

## **EXPERIENCE/AREAS OF EXPERTISE:**

I have been working in personal training for a little over 2 years, previously at the Waltham YMCA and now at Metrowest. I have also led various group exercise classes and am a Certified Strength and Conditioning Coach currently working with Lasell University's Women's Basketball team. Prior to working as a personal trainer/group exercise instructor, I completed internships as an injury prevention specialist at a sports performance facility and as a rehabilitation technician in a physical therapy clinic.

My areas of expertise include corrective exercise, injury prevention, strength and conditioning.

## **EDUCATION & CERTIFICATIONS:**

**B.S. Exercise Science**

**M.S. Rehabilitation Science**

**M.S. Applied Sport Science Analytics**

**NCSA- Certified Strength and Conditioning Specialist**

**NASM- Corrective Exercise Specialist**

**NASM- Performance Enhancement Specialist**

## **PHILOSOPHY:**

I believe that every person has the ability to exercise and reach their definition of success. I hope to create a safe environment where everyone can thrive and meet their full potential. No one should ever feel that they can't achieve their goals!

Ready to get started? Fill out this form:

[Personal Training Interest Form](#)