



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Niki Richter PERSONAL TRAINER



# WE'LL MOTIVATE YOU AND HELP YOU REACH YOUR GOALS

### HIGHLIGHT OF WORKING AT THE Y

Our members, hands down! Where else can you hang with amazing humans and have this much fun?

### WHY THE Y

I have attended Y programs such as child care and swim lessons since the age of 5, but I am most proud of my 20+ years working in the Milwaukee and Dane County YMCAs. I value the Y's mission and what we offer our community.

### AREAS OF SPECIALTY

- Personal training
- Individualized fitness plan development
- SMART goal development
- Sports performance
- Aquatics
- Extensive experience with teens and individuals with disabilities

### DEGREES/CERTIFICATIONS/SPECIALTIES

- BS, Exercise Sport Science: University of Wisconsin-La Crosse
- Physical Education Teaching
- Adapted Physical Education Teaching
- Health Education Teaching
- Zumba Fitness Level 1
- Yoga

### BOOK YOUR APPOINTMENT TODAY

Start your Personal Training journey by registering at the Membership Desk or [ymcadane.org](http://ymcadane.org).

YMCA OF DANE COUNTY  
[www.ymcadane.org](http://www.ymcadane.org)

Sun Prairie YMCA  
608 837 8221