



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Mari Foster PERSONAL TRAINER



WE'LL MOTIVATE YOU AND HELP YOU REACH YOUR GOALS

MY PHILOSOPHY

Movement is something we do every day so finding the type that is enjoyable and sustainable is a lifelong journey and changes within the seasons of our life. Physical exercise is also just one part of wellness. I love to inspire and educate people to find joy in both movement and stillness (mindfulness/meditation), connecting our physical, mental and emotional well-being.

WHY THE Y

Fun fact: I grew up on the east side of Madison and took swim lessons at the East YMCA. Now I've come full circle as fitness director at the Sun Prairie Y!

HOBBIES

- Traveling
- Hiking and being outside in nature
- Playing and watching sports
- Theatre

CERTIFICATIONS

- BA, Exercise Science
- Personal Trainer (ACE)
- 200-hour yoga
- 500-hour Pilates
- Nutrition
- Group exercise instructor (AFAA/NASM)
- Les Mills (BODYPUMP, BODYCOMBAT, CORE, TONE, BALANCE, SPRINT, GRIT and BODYSTEP)
- TRX

BOOK YOUR APPOINTMENT TODAY

Start your Personal Training journey by registering at the Membership Desk or ymcadane.org.

YMCA OF DANE COUNTY
www.ymcadane.org

Sun Prairie YMCA
608 837 8221