



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Tom Catenacci PERSONAL TRAINER



WE'LL MOTIVATE YOU AND HELP YOU REACH YOUR GOALS

MY PHILOSOPHY

Physical fitness comes in many forms, like coffee or tea, and the best way to enjoy it is the way you like it. We all have different backgrounds, experiences, preferences and goals. It takes the right combination of methods for fitness to stick, but when it does, it makes our lives better. Fundamentally, we are all human, and humans are built to move. Whether we want to live more fulfilling lives, be more capable at our jobs or be more present with our families and communities, being better movers can make us better humans (in mind, body and spirit). I have a lifelong passion for martial arts, movement and meditation that I use to manage my own lifelong chronic condition. I seek to understand, empower and educate clients that I work with, whether that's in the training hall, the floor of a production warehouse or the counter at a coffee shop.

WHY THE Y

I want to provide more for my community and do more to promote healthy living. I have been a guest with other members as a kid and had my own membership for a time living near the East YMCA. I believe that we should all strive for youth development, healthy living and social responsibility. I think that for many of us, the Y creates a place where healthy living can begin, where it can be nurtured and where it can mature.

CERTIFICATIONS

- Personal Trainer (ACE)
- Group Fitness Instructor (ACE)

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