



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Diana Galindo PERSONAL TRAINER



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

### WHY THE Y?

The Y is a family place. People of all ages share the same space, pursuing their interests and cheering each other on. I teach a fitness class in one room, and at the end of the class, I walk into the room next door to take karate lessons with my sons. I can be a teacher and a student; an employee and a mother; a leader and a follower, all at the same time.

### HIGHLIGHT OF WORKING AT THE Y

I love the community tables and chairs in the common areas. I love sitting there with my kids to eat our lunches or just relaxing there on my own to write in my notebook. People who know us often stop to say hello and chat for a while. It makes me and my family feel like truly cherished parts of the community.

### TRAINING STYLE/PHILOSOPHY

There is always something you can do. There is always a way for you to exercise, no matter what injuries or obstacles you face. Let's find a way around those obstacles and keep you moving.

### AREAS OF SPECIALTY

I am a minimalist. I offer people a thorough, full-body workout using only minimal equipment. My specialty is core training, especially as a preventative measure to protect the body from lower back pain, knee pain and other common problems.

### EDUCATION/CERTIFICATION(S)

- BA in African American Studies, University of Virginia
- ACE Personal Trainer
- ACE Group Fitness Instructor
- TRX Suspension Trainer
- TRX for Runners/TRX for Cyclists
- Les Mills Bodycombat/Les Mills Core

### INTERESTS/HOBBIES

My favorite thing to do is take karate lessons at the Y with kids. I also enjoy reading aloud to my children and otherwise practicing the art of storytelling.

### 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)

Lussier Family East YMCA  
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