



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lynelle Harrison
PERSONAL TRAINER



WE'LL MOTIVATE YOU AND HELP YOU REACH YOUR GOALS

WHY THE Y?

The YMCA serves everyone and offers an inclusive and diverse environment, which is important to me. The YMCA also offers many activities for members of all ages to lead an active and healthy lifestyle. My two daughters participated in many activities when they were young (basketball, swimming and track and field, to name a few).

HIGHLIGHT OF WORKING AT THE Y

Everyone that comes to the Y has a common goal – to better their health and wellness. Surround yourself with the kind of people that lift you up and encourage you to be a better, healthier person. I enjoy seeing the members enter the fitness center and working hard to improve their health and wellness.

TRAINING STYLE/PHILOSOPHY

I meet members where they are in their fitness journey, whether just starting out or wanting to continue. Age is just a number and it's never too late to start exercising and strength training. I want to encourage you to do the exercises that you love!

EDUCATION/CERTIFICATION(S)

- Certified Personal Trainer – American Council on Exercise (ACE)

INTERESTS/HOBBIES

- Hiking
- Traveling
- Watching Movies
- Coaching Youth Girls Basketball Teams

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

Lussier Family East YMCA
608 221 1571