



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Shayne Cline
PERSONAL TRAINER

WE'LL MOTIVATE YOU AND HELP YOU REACH YOUR GOALS

WHY THE Y?

To pay it forward all those times others have helped me. The Y has done so much for communities world wide and I want to be a part of that.

HIGHLIGHT OF WORKING AT THE Y

It's the people, connections, and space. It feels like an extended family. The closest thing to a home away from home.

TRAINING STYLE/PHILOSOPHY

My training style tends to chameleon to what people need and if I can't help, chances are I know who can. Otherwise, my default is upbeat without going over the top.

My training philosophy is twofold:

- You're here and that first step is often the hardest, let's see what we can do to make it easier.
- A sense of play is core to the human experience.

AREAS OF SPECIALTY

- Generalist with preference for free weights and calisthenics

EDUCATION/CERTIFICATION(S)

- NASM Certified Personal Trainer

INTERESTS/HOBBIES

- Sword fighting (SCA)
- Video games/game design
- Running
- Swimming

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