



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Jong Yang PERSONAL TRAINER



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

### WHY THE Y?

I grew up playing sports with my friends and family at the Y in my hometown. The environment here is great, and that's something I've always wanted to be part of.

### HIGHLIGHT OF WORKING AT THE Y

My favorite thing about the Y is how they offer a lot of sports and activities for people of all ages.

### TRAINING STYLE/PHILOSOPHY

The key to success is setting goals and remaining consistent with them, from small to large goals and short-term to long-term goals. However, the consistency of oneself is a key factor to achieving success. My objective is helping others achieve their individual and unique goals. I aim to lead my clients to celebrate themselves without having to fear their next challenge.

### AREAS OF SPECIALTY

- Strength and conditioning
- Bodybuilding

### EDUCATION/CERTIFICATION(S)

- NASM-Certified Personal Trainer

### INTERESTS/HOBBIES

- Fishing
- Sports
- Gaming

### 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  
608 221 1571