



Diana
PERSONAL TRAINER



Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

There is always a way to be active, regardless of the obstacle. Let's work around those obstacles together and find the best strategy to move, get stronger and feel comfortable in your body.

AREAS OF SPECIALTY

- Full-body strength and power-based exercises using free weights
- Core training to support back, knee and hip health
- Pull-up training for shoulder stability and grip strength

INTERESTS & HOBBIES

- Practicing karate with my son
- Reading aloud to my children
- Brewing kombucha

EDUCATION/CERTIFICATES

- BA in African American studies, University of Virginia
- ACE Personal Trainer & Group Fitness Instructor
- Black belt in karate
- Functional Kettlebell Training certification from PPSC
- TRX Suspension Trainer
- Les Mills Bodcombat/Les Mills Core

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

