



Lynelle
PERSONAL TRAINER



Let's Map Your Fitness Strategy!

TRAINING 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!

AREAS OF SPECIALTY

- Functional training for teens to older adults
- Group fitness instructor
- Strength training and conditioning for youth athletes - basketball

INTERESTS & HOBBIES

- Hiking
- Traveling
- Coaching Youth Girls Basketball

EDUCATION/CERTIFICATES

- Certified Personal Trainer - American Council on Exercise (ACE)
- TRX Suspension Trainer

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

