



Beth "Fred"
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I work with individuals to build confidence and motivation while balancing exercise, challenges and rest/recovery time while finding ways to keep it enjoyable! I incorporate proper alignment and posterior chain development techniques while helping clients work toward goals. Six pack abs, being swimsuit-perfect and having big guns are nice, but caring about your appearance while having great posture and a strong body and mind is preferred.

AREAS OF SPECIALTY

- HIIT (High Intensity Interval Training) utilizes work/rest periods and combines strength and conditioning training for a shorter and more efficient workout
- All ages and fitness levels with a focus on 50+ year-olds

INTERESTS & HOBBIES

- Cycling, trekking, camping, yoga, piano, nutrition and spending time with my nieces.

EDUCATION/CERTIFICATES

- ACE Personal training

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

