



Brooke
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I approach personal training with a focus on wellness and lifelong habits, recognizing that each person is unique with their own goals and view of how they want their training to look. Personal training is for YOU and therefore, YOU are at the forefront of your plan. I am here to make your health & fitness journey enjoyable and ensure that you maximize each day for a healthier, more fulfilling life.

AREAS OF SPECIALTY

- Activities of daily living for active older adults
- Strength training for youth athletes – volleyball, swimming, soccer, basketball
- General strength training for overall health and increased function
- Flexibility and range of motion

INTERESTS & HOBBIES

- I love moving my body in fun, and mindful ways! I enjoy strength training, hiking, yoga, and playing lots of volleyball and basketball!
- Around Madison, you can find me enjoying local coffee shops, reading lots of books by any body of water, and scoping out the farmers' market!

EDUCATION/CERTIFICATES

- Certified Personal Trainer, American College of Sports Medicine
- B.S. Exercise Science/Kinesiology, Illinois State University
- Doctor of Occupational Therapy (2025), University of Wisconsin-Madison

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

