



**Gretchen**  
PERSONAL TRAINER

# Let's Map Your Fitness Strategy!

## TRAINING PHILOSOPHY

My personal philosophy is that exercise, while important to keeping us healthy, should be playful and fun.

Since childhood, I always enjoyed playing sports, running, hiking, biking, skiing ... you name it! But with an art degree, and after years of teaching art and developing software and videos, becoming a personal trainer came as an unexpected yet wonderful career change. I love helping people and enjoy sharing with others the joy that comes from being active, whether in a sport, a class or walking the dog.

## INTERESTS & HOBBIES

- Skiing; part of the ski patrol team at Cascade Mountain and Blackhawk Ski Club (where my kids enjoy ski racing)
- Biking, hiking, tennis, kickball or any fun sport that gets me outside
- Graphic design projects

## EDUCATION/CERTIFICATES

- BA from College of Wooster / A.C.E. certified personal trainer

**BOOK YOUR APPOINTMENT TODAY!**

Register at the Membership desk  
or [ymcadane.org](http://ymcadane.org)

