



BRIANA



MetroWest YMCA Personal Trainer

FLEXIBLE HOURS

Experience: I have experience training a wide range of ages and fitness levels. I have been a track & field and cross-country coach for middle school students as well as a group exercise instructor for college students and for elderly residents at an independent living facility. At the YMCA I am a personal trainer and teach FT60, Tabata Bootcamp and Strength Training.

Areas of Expertise: Interval and circuit style trainings are what I love teaching the most. They are a style of training that can be modified for any fitness level with the opportunity for continuous challenge. In addition to fitness expertise, I also have a growing knowledge of nutrition and its role in reaching health/fitness related goals. Qualified TRX instructor

Education & Certifications: B.S. Exercise Science, currently studying towards a M.S. Food and Nutrition and completing a Coordinated Program in Dietetics to become a Registered Dietitian

Activities/ Hobbies/ Interest: I love to spend my free time hiking, running, cooking and being outside!

"Everyone deserves to feel confident with moving their body and reaching their health goals regardless of their fitness levels both past and present."

