



CAROL



MetroWest YMCA Personal Trainer

MON-FRI

PM ONLY

Areas of Expertise: Currently employed at MWMC working with adult patients with a specialty in Cardiac Nursing. Work with clients in the Cardiac Rehab Program and Livestrong Program at the YMCA.

Education & Certifications: RN BSN, ACSM PT, Livestrong Instructor Graduate of Boston University with a BS in Nursing.

Activities/ Hobbies/ Interest: When not working I enjoy swimming, biking, hiking and camping; my family and my dogs.

"I find it satisfying to work with clients who are facing challenges initiating an exercise program and need the support of a personal trainer."

