



RICHARD

MetroWest YMCA Personal Trainer



MON-FRI

AM/PM

Experience: Richard has been working in health & wellness since 2014. He was raised and lives in Ashland, near the Ashland Town Forest (great spot to hike if you've never been). Prior he was in the Army and received a business degree from Blair Junior College. While in the military Richard was stationed in Germany when the Berlin Wall fell. Areas of expertise include working with special populations like cancer survivors and Parkinson's clients, balance exercises, functional training, and corrective exercise.

Education & Certifications: National Personal Training Institute Graduate, ACE Certified Personal Trainer, ACE Certified Group Exercise Instructor, YMCA Livestrong Program Instructor for Cancer Survivors, Movement for Better Balance Certified Instructor, Certified TRX Instructor, NASM Corrective Exercise Specialist, Blair Junior College Graduate in AAS Business Administration, Completed Behavior Change Specialist course from ACE

When Richard is not working, you can find him: hiking, reading science fiction or historical novels, or traveling to Peru (one of his favorite spots in the world).

"Find something you enjoy and go with it!"

