



METROWEST YMCA

Personal Trainer: KATRINA LADD
Health and Wellness Director

EXPERIENCE:

Originally from Wisconsin (Go Pack!) and moved out to MA the first time after her undergrad to work at MIT in their Athletics Department. After a 1 year internship, she went back to WI to complete a Masters in Education at Carroll University. Upon graduation, Katrina moved back to MA in 2014 and have been in New England ever since.

Katrina has been a runner since elementary school and has become an age group endurance athlete since college. In 2012 she competed in her first triathlon and fell in love with the sport. Since then she has competed in multiple distances from sprints to Ironman. While triathlons are her sport of choice she does participate in half marathons and marathons.

In 2017, Katrina and her husband moved to Ashland and in 2019 welcomed a beautiful daughter into the world.

EDUCATION & CERTIFICATIONS:

ACE Certified Personal Trainer, Oh Ba-by! Fitness Pregnancy and Postpartum Exercise Instructor, Schwinn Indoor Cycle Certified, Former USA Triathlon Coaching Certified, BS in Kinesiology with a Coaching Minor from the University of Minnesota, M.Ed. In Health Education from Carroll University.

AVAILABILITY:

Monday - Friday | AM and PM

“A great focus with my clients is core engagement and stability as it is extremely important to setting yourself up for success as you get stronger.”

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METROWEST YMCA

Personal Trainer: BRENDAN LEBLANC

Education & Certifications:

- **B.S. Physical Education from Keene State College**
- **NASM Certified Personal Trainer; First Aid, CPR/ AED certified**

Experience:

10 years of Lacrosse coaching ranging from U-9 youth to assistant high school varsity coach; 2 years of youth sports class coaching

Areas of Expertise:

Bodybuilding and athletic strength and conditioning

Philosophy:

Getting in shape is a key to living a long and healthy life

History/ Background:

Grew up in Natick, played lacrosse from youth to high school and walked on for Keene State college D3. Got into fitness through lacrosse strength and conditioning, continued with bodybuilding after lacrosse.

Activities/ Hobbies/ Interest: Lacrosse, Esports, Exercise

Something people don't know about me: I used to compete in competitive Esports

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METROWEST YMCA

Personal Trainer: MATINKHO MKANDAWIRE

EDUCATION & CERTIFICATES:

B.S. Physiotherapy (Hons), Certified Personal Trainer (NASM), Performance Enhancement Specialist (NASM), Nutritional Coach (NASM), Youth Exercise Specialist (NASM)

HISTORY/ BACKGROUND:

Born and raised in Malawi (The Warm Heart of Africa). I moved to MA in September 2021 with my family. I have played soccer throughout my life, and this inspired my passion for fitness.

EXPERIENCE:

I have experience training people with a broad range of fitness goals and abilities. I enjoy programming and tailor making workouts to suit the needs of different clients and athletes. Helping my clients meet their fitness goals and witness their transformation is one of the greatest joys of my work.

AREAS OF EXPERTISE:

My areas of expertise are strength training and High Intensity Interval Training.

ACTIVITIES/ HOBBIES/ INTEREST:

I enjoy watching Formula 1 and Photography on my free times.



METROWEST YMCA

Personal Trainer: FRANCOIS MONESTIME

EDUCATION/CERT:

Went to American Academy of Training Boston (AAPT Boston)

EXPERIENCE:

I started working for Redwood PT right after school still work for them. Started working for MetroWest YMCA in October 2022.

AREA OF EXPERTISE:

Boxing, Strength Training, Youth Training, Weight Loss, Functional Training.

PHILOSOPHY:

My philosophy for training is master your weight. What I mean by that is there no way you increase weight or reps until the weight you start off with and no longer helping you develop muscle your targeting.

HISTORY/BACKGROUND:

Started off going to culinary school and finished. I had a full 14 year's career as a catering chef and nursing home cook. Always had a passion for training but never had the courage to pursue it until Covid hit everywhere. Now I'm working for Redwood and MetroWest YMCA.

ACTIVITY:

Working out, playing basketball, throwing the football with my boys. My older son has football practice every weekend. So I enjoy helping him develop his skills and getting him better at his sport.

HOBBIES:

Going for walks, hanging out with my friends and family. My friends and I want to do obstacles races like the Spartan race. Our goal is to get so good that we can run in that Spartan race.

SOMETHING PEOPLE DON'T KNOW ABOUT ME:

I was born in Haiti. My family and I moved here in 1996 when I was 4 years old. I was also born with 12 fingers and my youngest son was born with the same thing. Love music and like to dance. Actually wish I could sing that one thing I wish I could do. Also very patient person and very understanding and very will to help with anything.

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METROWEST YMCA

Personal Trainer: LESLIE SCHOFIELD

EDUCATION & CERTIFICATIONS:

AFAA Certified Group Exercise Instructor since 1990, AFAA Certified Personal Trainer since 1992, ASCM Certified Personal Trainer since 2010.

ADDITIONAL WORKSHOP/ TRAININGS:

AFAA Certified Step Instructor, Turbokick ®, Insanity and Piyo Certified Instructor, Pilates Certified, TRX, Indoor Cycling, Strength Train Together , Sunrise yoga an AFAA program Cardiac rehab ,GZSPN Parkinson’s Network Teacher Certification, Livestrong at the YMCA, Moving for Better Balance–Tai Chi based exercise, Matter of Balance, Healthy Heart Ambassador, Chronic Disease Self-Management Program Certified Leader Experience: Include TRX, Pilates, Indoor Cycling, step, step interval, step sculpt, Hi/low, H.I.I.T.(high intensity interval training)/boot camp/ Tabata classes, sports based training, Plyometric training, Kettle bell class format, Turbokick® style kickboxing, Insanity® Live, cardiac rehab, muscle conditioning, Parkinson’s Disease class and Livestrong for cancer survivors at any stage of diagnosis, Prenatal and Postpartum classes and training.

HISTORY/ BACKGROUND:

Mother of three grown children, two still live at home. Degree in Accounting and Finance from BU, Municipal finance is the area currently working

AVAILABILITY:

Saturday | AM Only

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METROWEST YMCA

Personal Trainer: MAURO CICCARELLI

EDUCATION & CERTIFICATIONS:

**NASM – CPT Certification, National Academy of Sports Medicine
CPR & AED Adult/Child Certification, American Heart Association**

ADDITIONAL WORKSHOP/ TRAININGS:

Personal Fitness Training Course , ASTF – Academy of Sports & Fitness Training

EXPERIENCE:

I started working for MetroWest YMCA in October 2022.

AREAS OF EXPERTISE:

My focus is on functional fitness for older adults. Functional fitness is exercises that represent everyday movements. They build strength, stability and mobility throughout the body that ready you for life’s activities. We are getting older as a nation but that does not mean we can’t stay healthy and active.

PHILOSOPHY:

I am passionate about living a healthy active life style and want to help others feel the same way. I believe one of the main things that separate personal trainers and coaches from each other is their personality and their ability to make that personal connection. Remember that small changes become habits and habits become lifestyles; live a healthier lifestyle.

HISTORY/ BACKGROUND:

I grew up in Bristol, CT (home of ESPN), moved to Massachusetts in 1985 and have been living in Ashland MA since 1993. I have recently made a career change to pursue my passion of fitness and wellness by becoming a certified personal trainer. Throughout my life I have participated in various activities such as road races, triathlons, mountain biking, rock climbing, Tai Chi, ballroom dance lessons, surfing, and hiking extensively throughout New England, along with many others activities.

ACTIVITIES/ HOBBIES/ INTEREST:

Anything outdoors, spending time with my family, and listing to music.

SOMETHING PEOPLE DON’T KNOW ABOUT ME:

In 2012 when I was 51 I talked all of my four older siblings into doing the Tough Mudder at Mount Snow VT.

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METROWEST YMCA

Personal Trainer: DELANEY TAYLOR

Education & Certifications:

- **National Personal Training Institute**
- **NASM Sports Performance Training Coach and Senior Fitness Specialist**
- **Certified Nutrition Coach**
- **CPR/AED certified**

Experience: Delaney is a personal trainer and coach who has been passionate about sports and fitness all her life. She tries to incorporate a variety of fitness activities into her energetic workouts to keep them exciting. She feels most fulfilled when seeing the satisfaction people feel when achieving their fitness and nutrition goals.

With 30 years in the fitness industry, Delaney has taught a variety of classes including cardio dance (aerobics), Tabata bootcamp, fat blaster, circuit and HIIT, kettle bell, TRX, cardio kickboxing, rebounding (trampoline) classes, step, muscle conditioning, spin, active senior aerobic/strength training classes, and indoor/outdoor bootcamp.

Delaney's favorite quote: "Change your foods...Change your life."

Activities/Hobbies/Interests: Strength training, running marathons, playing golf, volleyball, hiking, and road racing all over New England.

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METROWEST YMCA

Personal Trainer: AISHA KING

Education & Certifications:

- **National Academy of Sports Medicine**

Additional Workshop/Trainings: Correction Exercise Specialization

Experience: New to the field, hungry and eager to help as many people as I can to lead a fit, healthy lifestyle.

Areas of Expertise: Functional training and strength training

Philosophy: "Consistency over intensity." Small daily actions create lasting results!

History/ Background: Moved to the USA from Uganda, previously a Nursing Assistant

Activities/Hobbies/Interests: Spending quality time with family

Something people don't know about me: I love a good challenge!

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METROWEST YMCA

Personal Trainer: Vanessa Tielman

Education & Certifications: BA in Business Administration (The Hague University, Netherlands), NASM CPT, ACE GFI

Additional Workshop/ Trainings: Maddogg Spinning, TRX

Experience: Vanessa has been with the Y since October 2023 teaching indoor cycle and other group exercise formats.

Areas of Expertise: Indoor cycling

Philosophy: What can you do today that you have never done before? Vanessa feels fortunate to have the opportunity to share her passion for fitness in an inclusive and diverse environment like the YMCA.

History/ Background: Vanessa is originally from the Netherlands and after living in Barcelona for over a decade moved to Boston in 2014

Activities/ Hobbies/ Interest: Travelling, hiking, skiing, working out, and spending lazy days on the beach with her family.

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METROWEST YMCA

Personal Trainer: BRI WRUBLESKI

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!

AVAILABILITY:

Flexible Hours

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

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METROWEST YMCA

Personal Trainer: CAROL VON KELSCH

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.

AVAILABILITY:

Monday - Friday | PM Only

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

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METROWEST YMCA

Personal Trainer: RICHARD HILDRETH

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).

AVAILABILITY:

Monday - Friday | AM and PM

"Find something you enjoy and go with it!"

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METROWEST YMCA

Personal Trainer: RHOMARIO HARRISON

Education & Certifications:

- **NASM personal training**
- **CPR, First Aid, AED**

Experience:

Ever since my friends introduced me to the gym back in 2018, I tried learning as much as I could about physical fitness and do believe I have a lot of knowledge when it comes to physical fitness.

Areas of Expertise:

Bodybuilding, Strength, Powerlifting and High Intensity Interval Training

Philosophy:

I believe that training should not be complicated and should be enjoyed. With that being said training shouldn't be easy, I will encourage and push you towards achieving your goals. I do enjoy lifting weights and pushing until failure; however, I like the idea of using resistance bands and free weight circuits as a way to bring something new to your usual workouts.

History/ Background:

I was always in love with soccer never saw myself doing anything else. One day my friends introduced me to the gym and now I can't see myself doing anything outside of the gym. I started my fitness journey with High Intensity Interval training which lasted a year before I moved to powerlifting, then transitioned into bodybuilding and now I currently incorporate all these training styles into my current routine.

Activities/ Hobbies/ Interest: Soccer, Yoga, MMA, Snowboarding, Cooking, and Gardening

Something people don't know about me: I was born in Jamaica. Started living in the United States in 2017 and join the Army in 2019 shortly after graduating High School.

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METROWEST YMCA

Personal Trainer: YASHARWAN PAUL

Education & Certifications:

- **NASM personal training**

Yash is a NASM-certified personal trainer. As a former track and field sprinter and currently a boxer, he's become familiar with the ways of fitness and the human machine. New to the YMCA and the field of personal training, Yash's mission is to tend and ignite the athlete in everyone (and that means ANYONE).

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