



METROWEST YMCA

Personal Trainer: EMILY S.

EXPERIENCE/AREAS OF EXPERTISE:

I have experience teaching tennis to a wide range of ages and abilities. I started my own personal training business for a girl in my neighborhood during high school to help her with weight loss. My areas of expertise include strength training and conditioning.

EDUCATION & CERTIFICATIONS:

Senior at Babson College, graduating with a degree in business

NASM CPT

NASM CPR & AED Adult/Child Certification

ACTIVITIES/HOBBIES/INTERESTS:

reading, writing, and spending time on the water and hiking in Maine.

PHILOSOPHY:

Tough times never last, but tough people do.

Ready to get started? Fill out this form:

[Personal Training Interest Form](#)