



# **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:**

**Sunday - Friday**

**Ready to get started? Fill out this form:**

**[Personal Training Interest Form](#)**