



## **HOMETOWN**

El Paso, Texas

## **CERTIFICATIONS**

Three Les Mills certifications and a 200 hour Yoga Teacher training certificate specializing in Yin Yoga

## **MOTTO**

Dreams don't work unless you do.

## **BIO**

I have been employed at the Y since 2016. My passion is helping others become the best versions of themselves. I want to help people increase their strength and mobility, and not only become healthier physically, but mentally as well. My goal is to teach clients how to optimize functional strength training while incorporating Yin Yoga to help prevent injury and increase strength and mobility. I have enjoyed being active my entire life. In high school I played soccer and ran track. I started coming to the Y after I had my first child. I quickly fell in love with Group Exercise classes and was asked to teach one of my favorite classes: BodyCombat. I currently live in Boonville, NC with my husband, three year old son, and seven year old daughter.



YMCA Personal Trainer

**REBECCA BONAGURA**