



## **HOMETOWN**

Newton-Conover, NC

## **CERTIFICATIONS**

IFTA Certified Personal Trainer  
YMCA Group Exercise Instructor  
Y Healthy Heart Ambassador  
Livestrong Instructor  
YMCA Strength and Conditioning

## **SPECIALTY**

Aerobic Conditioning  
Mobility and Balance  
Healthy Aging

## **FAVORITE EXERCISE**

Manmakers

## **MOTTO**

"I can do all things through Christ who strengthens me." - Phil 4:13

## **AVAILABILITY**

Email [a.tate@ymcanwnc.org](mailto:a.tate@ymcanwnc.org)

## **BIO**

I started my journey with the Y by attending classes. Angela's over 10 years in our Y is best described by her: "God put such a passion on my heart for seniors that I now spend most of my time teaching senior classes, coaching cancer survivors, and assisting stroke victim's rehabilitate. How blessed we are, as a community, to have a Y that continues to help all people reach their God Given potential in spirit, mind, and body."



YMCA Personal Trainer  
**ANGELA TATE**