



HOMETOWN

Born and raised in Sterling, Colorado. Traveled through the military to San Diego, Kansas City and Honolulu, Hawai'i. Moved to NC from Orlando.

EDUCATION

Associates Degree in Fitness
Heritage College, Kansas City

CERTIFICATIONS

Personal Training -
American Council on Exercise
Orthopedic Exercise - A.C.E.
Longevity Wellness - A.C.E.
Senior Fitness Specialist - A.C.E.
Cognitive Behavioral Change Practitioner -
University of Modern Applied Psychology
Former Military Master Trainer for the U.S.
Coast Guard's Tactical Law Enforcement Team

AVAILABILITY

Monday-Friday 7:00am to 5:00pm

SPECIALTY

Senior Fitness and Functional Strength

MOTTO

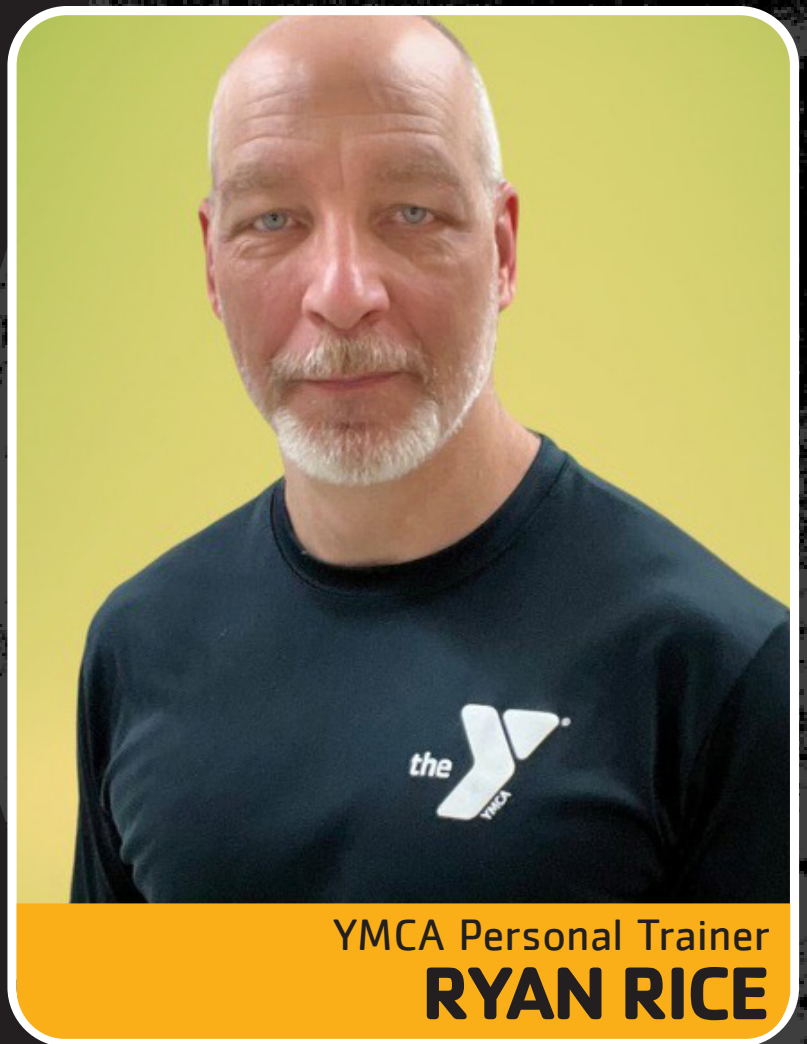
Physical training is a mental endeavor

FAVORITE EXERCISE

8-Count Bodybuilder

BIO

Ryan dedicated 20 years to training elite military and law enforcement teams, deploying to 30 countries to share and gain training knowledge. He believes that physical training is a mental endeavor and has spent the last decade in extensive study of neurophysiology, cognitive behavior change and mental strength training, receiving certification from the University of Modern Applied Psychology in Cognitive Behavior



YMCA Personal Trainer
RYAN RICE

Change. Ryan combines his military experience and clinical training as an Orthopedic Exercise Specialist to provide education and training to ensure his clients understand the expectations, goals and possibilities of mental and physical training. Ryan specializes in clients who do not fit the mold of traditional training due to age, injury or illness and maintains an open and affirming view for all clients.