



HOMETOWN

York, PA

EDUCATION

Associates in Automotive Technology
NASCAR Technical Institute

CERTIFICATIONS

Personal Trainer – NASM
TRX Certified
Les Mills– BODYCOMBAT

SPECIALTY

Kickboxing/Muay Thai
Strength Training
High Intensity Cross Training
Suspension Training (TRX)
Running

MOTTO

“All of us get lost in the darkness,
dreamers learn to steer by the stars”
The Pass by Rush

FAVORITE EXERCISE

Deadlifts, running, assault bike and
rower

AVAILABILITY

Varied mornings, afternoons, evenings
and Saturdays



YMCA Personal Trainer
RYAN PAINTER

BIO

At heart I am a racer, working in the NASCAR industry since 2007 and still going strong! I started teaching group exercise at the Davie Family YMCA in 2019 and became a personal trainer in early 2020. I love teaching classes and I work very hard to expand my fitness knowledge. Beyond fitness and racing I love being active by hiking, fishing, kayaking or just anything that gets me outside and moving!



HOMETOWN

Yadkinville, NC

EDUCATION

Associates Degree in Business Management
PTA - Physical Therapy Assistance

CERTIFICATIONS

Personal Trainer- ACSM
Group Exercise Instructor
Group Exercise Certification - ACE
Les Mills- BODYCOMBAT, BODYPUMP
and SPRINT

SPECIALTY

Interval Training
Functional Fitness
Strength Training
Circuit Training
Flexibility and Balance Training

MOTTO

Always Believe in Yourself

FAVORITE EXERCISE

Plank Jacks, Lunges, and Mountain Climbers

AVAILABILITY

Morning, afternoons, evenings and Saturdays

BIO

I have been with the YMCA of Northwest North Carolina and a Group Exercise Instructor since 2014. I have been a certified Personal Trainer since 2017 and ran my first 5K at the 2019 YMCA Mistletoe Run. This was a great experience and I look forward to doing more in the future. I strongly believe in making



the exercise experience engaging and enjoyable, and my ultimate goal is to help clients make their health a priority for life. One thing I have learned with my clients is that it is never too late to start something new! I hope to provide fun, safe, yet challenging workouts tailored to each individual, regardless of fitness level or background. I look forward to sharing in your fitness journey and am excited about helping you reach your goal! My clients have shown me that there is no limit.