



## **HOMETOWN**

Greenville, SC

## **EDUCATION**

BA in Elementary Education  
University of South Carolina

## **CERTIFICATIONS**

Personal Training- Fitour  
Group Exercise Instructor  
Les Mills- GRIT and BODYATTACK

## **SPECIALTY**

Sports/Agility Training  
Functional Fitness  
Strength Training  
Personal Training in the Water  
Beginner Fitness

## **MOTTO**

"Love yourself enough to work harder, because it never gets easier, you just get stronger."

## **FAVORITE EXERCISE**

Bodyweight Exercises  
Burpees and Tuck Jumps

## **AVAILABILITY**

Mornings and afternoons, some Saturdays and Sundays

## **BIO**

Being active and healthy has always been a major part of my life! Growing up, I played basketball and swam competitively through high school. After high school graduation, I received my BA in Elementary Education from the University of South Carolina! Go Gamecocks! After teaching 4th grade for seven years, I decided to stay home with my three kids. With my extra time, I started frequenting a gym in Apex, NC and fell in



YMCA Personal Trainer

**MARY ELLEN BEQUETTE**

love with Group Exercise. When we moved to Lewisville in 2018, I started attending Group Exercise classes here at Jerry Long YMCA, where I soon became a BODYATTACK instructor. This then led to a GRIT certification and then a complete love of everything fitness, including cardio and strength training! I've found that loving yourself includes taking the best care of your health, including exercise and nutrition. I love being able to help others reach their greatest potential!

**YMCA OF NORTHWEST NORTH CAROLINA**