



HOMETOWN

Pittsburgh, Pennsylvania

EDUCATION

BA Special Education
Western Carolina University

CERTIFICATIONS

NETA Certified Personal Trainer
ACE Certified Group Exercise Instructor
Les Mills Body Pump Instructor
WaterART Water Fitness Instructor
NETA 200 Hour YOGA Certification

CLASSES

Body Pump, Sculpt, Yoga, Chair Yoga, and
Water Fitness

MOTTO

"Always Give 110% to everything that
you do!"

FAVORITE EXERCISE

Water Fitness
Cycle
Yoga

BIO

I was a competitive gymnast growing up and went to Western Carolina on a gymnastics scholarship. I am a retired Special Education teacher. I coached the Cheerleaders at Glenn High School for 10 years, and was the Varsity Men's Swim Coach for 17 years. I have taught Group Exercise classes at the Kernersville Family YMCA for 29 years. I have been a Personal Trainer for the Millennium Team focusing on the rehabilitation of clients



YMCA Personal Trainer

JOANNE KISER

with physical limitations for the past 5 years both in the fitness center and in the water. I really enjoy instructing and getting to know each of the members of the Kernersville Family YMCA. My hobbies are camping, kayaking, hiking, biking, and hanging out with my grandchildren.