



HOMETOWN

Bronx, New York

EDUCATION

Associates of science GTCC
Currently pursuing B.S Kinesiology
UNC-Greensboro

CERTIFICATIONS

Personal Trainer– ACE
(American Council on Exercise)
Sports Nutrition
ISSA

SPECIALTY

Power lifting
Metabolic conditioning
Exercise recovery
Functional Fitness
Strength Training

MOTTO

If it does not challenge you then it will
never change you.

AVAILABILITY

Mon and Fri afternoon, Tue-Thur morning
and Weekends

BIO

I have been in sports most of my teenage
life so I've always had to be athletic. It was
not until I hurt myself in college, learned
about my injury and how to recover when
I found out my love for training. After that
point I began my journey working at other



YMCA Personal Trainer

SHAWN THOMAS

gyms but always coming to my YMCA for my own
personal workouts. Now that I am finally apart of
the team, my goal is to make sure I help everyone I
can enjoy life with mobility and strength no matter
their level and age.