



## **HOMETOWN**

Winston-Salem, North Carolina

## **EDUCATION**

Wake Forest University

## **CERTIFICATIONS**

ACE Certified Personal Trainer

Group Exercise Instructor

Indoor Cycle Instructor

## **MOTTO**

Making and achieving small goals will lead to greater success.

## **FAVORITE EXERCISE**

Squats and Push-ups

## **BIO**

I am a graduate of Wake Forest University and have been active my entire life. I believe being healthy is not necessarily the numbers you may see on the scale, but how you feel about your body. While I am a self-motivated person, I realize that many people need that extra push or accountability. I have experience in weight training and full body conditioning and LOVE being creative in workout designs. I am excited to be a personal trainer at the Robinhood Road Family YMCA so that I can share my excitement and knowledge about exercise.



YMCA Personal Trainer

**WHITNEY PHILLIPS**