



HOMETOWN

Hamptonville, NC

EDUCATION

B.A. Communication Studies;
Organizational Communications
The University of North Carolina
at Charlotte

CERTIFICATIONS

Fitour Personal Training
TRX White Rank Instructor
Les Mills SPRINT, RPM and Core
ACE Foundations of Strength
and Conditioning
ACE Foundations of Group Exercise

SPECIALTY

Strength Training
TRX and Bodyweight Training
Core and Glute Training
Compound Movements
Progressive Overload
Training for Fat Loss
Cardio Endurance Training

MOTTO

Exercise is a CELEBRATION of what your body
can do, not a punishment for what you ate.

FAVORITE EXERCISE

Squats, Deadlifts, Hip Bridges and Cycle

AVAILABILITY

Daytime

BIO

I have lived in Yadkin County for 7 years with my
husband and two kids. I am a 2005 graduate of
UNC Charlotte with a degree in Communication



YMCA Personal Trainer

HEATHER MOSTELLER

Studies focusing on organizational communications. Prior to moving to Yadkin County, I worked at Lowe's Home Improvement at their corporate campus in Mooresville, NC. After having my first child, I became a stay at home mom and began working out at the Yadkin Family YMCA. It didn't take long to discover that I would love group exercise classes and became certified in TRX and Les Mills classes. The knowledge I received during these certification courses had me doing additional research on my own. I love to study different forms of exercise and nutrition which ultimately led me to the personal training certification. If you are just getting started, bored of your routine, not seeing change and want to get stronger I can help. I do believe that your training is what you put in and if it doesn't challenge you, it doesn't change you. Exercise changes your body, mind, attitude, mood and immune system. Let me help you meet your goals!

YMCA OF NORTHWEST NORTH CAROLINA