



HOMETOWN

Yadkinville, NC

EDUCATION

B.S. in Elementary Education
Appalachian State University

CERTIFICATIONS

Personal Trainer– NETA
Group Exercise Instructor
Les Mills– SPRINT, BODYCOMBAT,
BODYPUMP, CXWORX, and RPM

SPECIALTY

Coe Training
Aerobic Conditioning
High Intensity Interval Training
Strength Training
Sports Training

MOTTO

God never said the journey would be easy,
but He did say that the arrival would be
worthwhile. –Max Lucado

FAVORITE EXERCISE

Planks, burpees and running

AVAILABILITY

Varied morning, afternoons, evenings, and
Saturdays

BIO

I've lived in Yadkin County my whole life. I
have always loved being active. I graduated
from Forbush High School in 2012, where I
played basketball, volleyball, and ran track.
I attended Appalachian State University
and graduated with my Bachelor's Degree



YMCA Personal Trainer

LINDSEY WOOTEN

in Elementary Education. While home for student teaching I started taking group exercise classes at the Yadkin Y. I absolutely loved it! Shortly after I was asked to teach classes and I discovered my passion. I then decided to get my personal training certification. I love what I do, being able to encourage others while working out and getting to be there for them so they know I care about them as individuals. Building relationships with others has truly blessed me. I thank the Lord for giving me these abilities and I hope to be a blessing to other people by using my gifts to glorify Him.