

**HOMETOWN**

Johnson City, TN

EDUCATION

Bachelor of Science in Kinesiology
University of North Carolina Greensboro

CERTIFICATIONS

American Council on Exercise Certified
Personal Trainer

SPECIALTY

Strength, Weight loss, Corrective exercise
and Health coaching

MOTTO

"My grace is sufficient for you, for my power is
made perfect in weakness." - 2 Corinthians 12:9

FAVORITE EXERCISE

Pushups
Yoga
Running

BIO

Hi, I'm Christina and I'm excited to get started with you on your health and wellness journey! In the past, I have struggled with many relatable health issues. With my faith and the help of the YMCA, I have overcome them! My love of fitness has only grown over the years. So much so that I went back to school in 2018 to start a second career. I have been personal training now for 3 years. The YMCA has made a positive impact in my life, and I hope it will be for you too! Let's reach your goals together!



YMCA Personal Trainer
CHRISTINA PENSYL