

**HOMETOWN**

Moravian Falls, NC

**EDUCATION**

B.S.B.A Gardner-Webb University

**CERTIFICATIONS**

Group Exercise Instructor, LesMills Body Pump, LesMills Core, Silver Sneakers, and Personal Training (NCSF)

**AVAILABILITY**

Monday, Wednesday and Friday: 9am-2pm.  
Tuesdays and Thursdays: after 11:30am

**SPECIALTY**

Weight training and functional fitness

**MOTTO**

It never gets easier; you just get stronger.  
Trust the process.

**FAVORITE EXERCISE**

cable kickbacks, deadlifts and hip thrusts

**BIO**

I've been with the YMCA for 25 years as a Group Exercise Instructor. Working out and being active has always been a way of life for me. It has given me opportunities to learn and experience new things, meet new people and to keep healthy. As an employee of the YMCA it has given me the chance to be a part of so many members' lives and to share in their personal fitness journey. I'm thankful for each day that I can be here for you and create healthy lifestyles together.



YMCA Personal Trainer  
**ELLEN ADAMS**