



HOMETOWN

High Point, NC

EDUCATION

B.S in Kinesiology from UNCG

AVAILABILITY

Early Mornings/Saturday-Flexible

CERTIFICATIONS

NASM- Certified Personal Trainer

NASM- Certified Nutrition Coach

SPECIALTY

Strength Training

Weight Loss

Functional Fitness

Speed and Agility Training

MOTTO

"Some people want it to happen, some wish it would happen, others make it happen."

FAVORITE EXERCISE

Squats

Barbell Bench Press

Shoulder Press

BIO

My objective is to make everyone feel welcome and, more importantly, look forward to each workout. From my own experience I can understand how challenging it can be to get started, so my number one priority is to help you reach that next milestone, rather it be to bench 300 lbs, squat 350 lbs, or to just do three pull-ups. I'm here to help.



YMCA Personal Trainer
DERIC STUBBS