



HOMETOWN

Newton-Conover, NC

CERTIFICATIONS

IFTA Certified Personal Trainer
YMCA Group Exercise Instructor
Y Healthy Heart Ambassador
Livestrong Instructor
YMCA Strength and Conditioning

SPECIALTY

Aerobic Conditioning
Mobility and Balance
Healthy Aging

FAVORITE EXERCISE

Manmakers

MOTTO

"I can do all things through Christ who strengthens me." - Phil 4:13

BIO

I started my journey with the Y by attending classes. Angela's over 10 years in our Y is best described by her: "God put such a passion on my heart for seniors that I now spend most of my time teaching senior classes, coaching cancer survivors, and assisting stroke victim's rehabilitate. How blessed we are, as a community, to have a Y that continues to help all people reach their God Given potential in spirit, mind, and body."



YMCA Personal Trainer
ANGELA TATE