

**HOMETOWN**

Sylvania, Ohio

EDUCATION

Miami University, BS
WFU, MBA

CERTIFICATIONS

ISSA Certified Personal Trainer
ISSA Specialist in Strength and Conditioning
Senior Fitness Certified Coach

SPECIALTY

Senior Fitness

MOTTO

Every day is a fresh start,
embrace the adventure!

BIO

Fitness has been a lifelong passion, encompassing group classes, one-on-one training, Bikram Hot Yoga, distance bike racing, and 5K events. My "happy place" is in the gym or outdoors, fully engaged in all things fitness. As a mother of three, fitness is a family affair. Together, we enjoy biking, hiking, running, yoga, weight training, and more. We motivate and support each other daily, and I bring that same encouragement and enthusiasm to my clients here at the YMCA. I am driven to help others achieve their goals. I earned my ISSA certification and have been inspired by the incredible individuals I've encountered at the YMCA. I cherish the YMCA community as a family-like environment and am especially drawn to working with senior fitness. The determination, persistence, resilience, and uplifting energy of the seniors here never cease to amaze me!



YMCA Personal Trainer
BETSY BROWN