



### **HOMETOWN**

Winston Salem, NC

### **EDUCATION**

Recreation Management/Health Promotion -  
Appalachian State University  
Ronald Reagan High School

### **CERTIFICATION**

American College of Sports Medicine  
Certified Personal Trainer (ACSM-CPT)

### **SPECIALTY**

Muscle Hypertrophy  
Strength and Endurance

### **FAVORITE EXERCISE**

Bench Press

### **MOTTO**

Discipline and consistency are  
the keys to results

### **AVAILABILITY**

Jerry Long Family YMCA:  
Monday-Saturday mornings and afternoons  
Davie Family YMCA:  
Monday, Tuesday, and Thursday afternoons

### **BIO**

I've been an athlete my entire life, growing up I played just about every sport. I began lifting weights at 14 at the Fulton Family YMCA and that grew into a real passion for lifting and exercising through high school. I took weightlifting as a class in high school and was able to bench press 240 lbs my senior year which was the 3rd strongest in the class. I was also a State Champion swimmer at Reagan High School, being a part of a 200 Free Relay that placed 1st in the state my senior year. I continued lifting into college and really fell in love with it. I am also a very passionate musician playing drums and guitar for 23 years, and also learned banjo about



YMCA Personal Trainer  
**SCOTT SHELTON**

13 years ago. I've played drums in a number of bands over the years and have been a touring musician, having gone on about 8 U.S. tours. I also give drum lessons and still play drums in a few local cover bands. You can catch me playing at local bars, music venues, weddings and parties around the region on occasional Friday and Saturday nights. The past 6 years I've really been disciplined and consistent about my working out/lifting and have really seen the results. In 2025 I decided to get certified in Personal Training through ACSM and start a career in the fitness industry to help other people realize the benefits of consistent lifting and exercise on your physical and mental health. I want to look great and be strong and healthy into my old age, and I want to help other people do the same! Let's get fit!