

**HOMETOWN**

Gastonia, NC

EDUCATION

M.S. in Kinesiology Exercise Physiology,
UNCG 2019

B.S. in Kinesiology Sport Medicine
Concentration, UNCG 2016

CERTIFICATION

ACSM (American College of Sports Medicine)-
Certified Exercise Physiologist

SPECIALTY

Functional Fitness Weight Loss
Corrective Exercise, Behavior Change

FAVORITE EXERCISE

Lunges - most variations

MOTTO

Don't wait for tomorrow to change, start today.

AVAILABILITY

Monday, Tuesday, Friday:
Mornings (5:30-8:00am) and Evenings (6-8pm)
Saturday: Morning and Afternoons
(8:00am-3:00 or 4:00pm)

BIO

My fitness journey began long before I stepped into a gym professionally. Growing up in dance and sports laid the foundation, but it was in college that I truly took control of my training and nutrition—and discovered my passion for fitness. Through hands-on experience and formal education, I learned how to train with purpose and fuel the body for results. While my journey began with weight loss and included 3-4 years of bodybuilding, it ultimately led me to a sustainable, health-focused approach to fitness. With nearly seven years of experience in the weight loss and fitness industry, I have worked with individuals of all ages, backgrounds, and



YMCA Personal Trainer
COURTNEY SMITH

health levels. As your trainer, my goal is not only to help you reach your physical goals, but to empower you to build strength, confidence, and lifelong health—so your results last far beyond the scale.