

YMCA
Personal Trainer

CHRISTI COBLER



HOMETOWN

Clemmons, NC

EDUCATION

B.A. in Human Development
UNC-Greensboro

CERTIFICATIONS

Certified Personal Trainer– ACE
Group Exercise Instructor
Les Mills– CXWorx and RPM

SPECIALTY

Coe Training
Aerobic Conditioning

BIO

I am long time fitness enthusiast, and have been a certified group exercise instructor with the Jerry Long Family YMCA since 2011. More recently, I decided to expand my career by becoming a personal trainer. I strongly believe in making the exercise experience engaging and enjoyable, and my ultimate goal is to help clients make their health a priority for life. I look forward to sharing in your fitness journey and am excited about helping you become your “ultimate you!”

SPECIALTY cont.

Interval Training
Functional Fitness
Strength Training

AVAILABILITY

Varied morning, afternoons,
evenings, and Saturdays

MOTTO

“It never gets easier, you just get stronger!”

FAVORITE EXERCISE

Planks, Mountain Climbers and
Cycling