

YMCA  
Personal Trainer  
**DAVE  
SORENSEN**



**HOMETOWN**  
Clemmons, NC

**EDUCATION**  
B.A. Communications,  
UNC Wilmington

**CERTIFICATIONS**  
Certified Personal Trainer- ASFA

**AVAILABILITY**  
Flexible

**BIO**  
I've been a member of the Jerry Long Family YMCA for twenty years. I played A.A.U. basketball for 10 years through the YMCA. During this time I've created many lasting friendships. I have a great passion for weight training and living healthy. I specialize in weight loss and athletic conditioning. I believe in building athletes from the ground up through combine training, hard work, and pure determination. My style works well with someone wanting to lose weight or stay in shape during the off-season. Making a change to a healthy lifestyle can be difficult but I can help you reach that goal!

**SPECIALTY**  
Athletes  
Youth Sports Conditioning  
Older Adults  
Weight Loss

**MOTTO**  
As iron sharpens iron, so one man sharpens another – Proverbs 27:17

**FAVORITE EXERCISE**  
Box Jumps

**YMCA OF NORTHWEST NORTH CAROLINA**