

YMCA
Personal Trainer

**JANET
KENNEDY**



HOMETOWN

Purcellville, VA

EDUCATION

B.S. Sports Management/Adult
Fitness, Pfeiffer College

CERTIFICATIONS

Certified Personal Trainer– ACE
Cooper Institute Certified
Personal Trainer

LIVESTRONG Instructor

FAVORITE EXERCISE

Outdoor Cycling and TRX

BIO

I have been a Certified Personal Trainer since 2003 and my passion is fitness as a lifestyle. My goal as a trainer is to equip clients to live a lifestyle of fitness. I enjoy working with all types of people but my love is working with older, active adults. I am a breast cancer survivor since 2010 and have great empathy for those with physical challenges. I know from experience that exercise is critical to recovering and thriving in life.

SPECIALTY

Older Adults
Adults with Physical Challenges
Functional Strength
Balance and Core Conditioning

AVAILABILITY

Tuesdays and Thursdays
(Morning-Late Afternoon)

MOTTO

Pull up your big girl/boy pants and
just do it!

YMCA OF NORTHWEST NORTH CAROLINA