

YMCA  
Personal Trainer

**LEIGH  
WISNER**



**HOMETOWN**

Houston, TX

**EDUCATION**

B.A. in Religion/Philosophy  
Master of Divinity  
Austin College

**CERTIFICATIONS**

Certified Personal Trainer– NETA  
Certified Personal Trainer– PFTA  
Licensed Massage Therapist

**MOTTO**

“You are stronger than you think.”

**BIO**

Leigh Wisner is a life-long health and fitness advocate. Her love of fitness led her to supplement her career as an ordained Presbyterian Pastor by becoming a Certified Personal Trainer in 2011. Passionate about High intensity Interval Training, Tabata, Strength Training, and Speed and Agility work-outs, Leigh strives to make work-outs fun, to challenge clients, and to instill a love of fitness and clean eating in all of her clients so they can accomplish their goals and achieve optimal levels of well-being.

**SPECIALTY**

Functional Training  
High Intensity Interval Training  
Weight Loss  
Special Population

**AVAILABILITY**

Monday/Wednesday/Friday  
9:00am– 12:00pm and Evenings and  
Weekends

**FAVORITE EXERCISE**

Squats, Deadlifts, and Push-ups!

**YMCA OF NORTHWEST NORTH CAROLINA**