

YMCA  
Personal Trainer  
**LYNNE  
SAINTSING**



**HOMETOWN**  
Thomasville, NC

**EDUCATION**  
B.A. in Managerial Psychology/  
Business Admin  
High Point University

**CERTIFICATIONS**  
Certified Personal Trainer– AFAA  
Certified Group Exercise Instructor  
Certified Silver Sneakers Instructor  
Certified Barre Instructor  
Certified LiveStrong Personal Trainer

**BIO**  
I've had a passion for fitness since my teenage years. In 2011, I became a certified Group Exercise Instructor and joined the Jerry Long Team in 2012. I'm now excited to be a Personal Trainer. Having personally experienced the challenges of weight loss and lifestyle changes, I'm looking forward to working with individuals to help achieve goals and see results. Health and well being are the foundation of everything we do, and I know it takes discipline and dedication to stick with a healthy lifestyle. I look forward to helping you achieve your fitness goals.

**SPECIALTY**  
Strength Training/Functional Training  
Balance and Core Training  
Weight Loss  
Active Older Adults

**MOTTO**  
"Clear your mind of "can't"

**AVAILABILITY**  
Flexible on weekdays and Saturdays

**FAVORITE EXERCISE**  
Push-ups, Planks, and Waterskiing

**YMCA OF NORTHWEST NORTH CAROLINA**