

YMCA
Personal Trainer

**MARK
BEUTER**



HOMETOWN

Wheat Ridge, Colorado

EDUCATION

B.S. in English and B.S. in Business Management from North Carolina State University

Masters Degree in Language and Literacy from Salem College

CERTIFICATIONS

AFAA

ACFL-U.S. Navy

NCHSAA Swimming and Track & Field Coach

BIO

I have worked for the Y since 1992 and was previously the Aquatic Director at the Yadkin Y. I love helping people achieve goals they previously thought were unattainable. Becoming fit is not just physical, it is mental. If you can condition your mind, you can condition your body. As a trainer, I feel it is my job to help people break down physical and mental barriers so clients can run the race of their lives, lose weight they have struggled to lose, or accomplish things they have not been able to accomplish for years.

SPECIALTY

Cross Training

Obstacle Run Training

Swimming

Sports Training

Track and Field

AVAILABILITY

Evenings

MOTTO

"If you always do what you always did, you'll always get what you always got. You have to get comfortable with uncomfortable."

YMCA OF NORTHWEST NORTH CAROLINA