

YMCA
Personal Trainer

**PENNY
FUEHRER**



HOMETOWN
Rochester, NY

EDUCATION
B.A. Psychology,
University of Rochester

CERTIFICATIONS
AFAA Certified Personal Fitness
Trainer
TRX Group Suspension Training
NSCAA National Coaching License

BIO
I was born and raised in Rochester, NY. I headed south seeking sunshine. Before moving to North Carolina, I was a college soccer coach and avid soccer player. Working as a trainer has allowed me to carry my passion for athletics and wellness into the fitness world. I live here in Clemmons with my husband, two children and two dogs.

SPECIALTY
Boot Camps
Sport Specific Training
Soccer Conditioning
TRX Suspension Training

AVAILABILITY
Monday - Friday (8AM to 2PM)

MOTTO
Find a form of fitness you are
passionate about. Exercise should
be fun!

FAVORITE EXERCISE
Soccer and Racquetball

YMCA OF NORTHWEST NORTH CAROLINA