

YMCA
Personal Trainer

**SCOTT
HASSELL**



HOMETOWN

Winston-Salem, NC

EDUCATION

B.S. Criminal Justice,
Gardner-Webb University
MPA Public Affairs, UNC-Greensboro

CERTIFICATIONS

IFTA Certified Personal Trainer

SPECIALTY

Athletes
Weight-Lifting Routines
Functional Endurance Training

BIO

My interest in physical fitness sparked during my service in the U.S. Navy and has grown since. I am passionate about helping others achieve a more meaningful and healthy lifestyle. I specialize in forms of circuit/strength training, conditioning, and exercises that will enable your heart, muscles and lungs to perform at required levels when called on for a sustained period of time. I believe fitness training can be fun, spiritually satisfying, and shouldn't leave you looking as put together as you did when you arrived.

AVAILABILITY

Flexible

MOTTO

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. 1 Corinthians 6:19-20

FAVORITE EXERCISE

The Filthy Fifty