



PERSONAL TRAINING

DOWNTOWN ST. LOUIS

AT THE MX

- ✓ Meet with a trainer
- ✓ Discuss your goals
- ✓ Get an assessment
- ✓ Develop plan to meet goals
- ✓

For more information Contact:

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Health and Wellness Director
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Downtown YMCA at the MX

Personal Training Team

Education/Certification

Areas of Focus



Chelsea Granberry

- B.S. in Psychology
- ACE Certified Personal Trainer
- ACE Certified Health Coach
- QueenAx Functional Fitness Instructor

- Functional Fitness
- High Intensity Interval Training (H.I.I.T)
- Lifestyle Coaching
- Sports Specific
- Strength & Conditioning



Natalie Haffner

- B.S. in Exercise Science
- ACSM Certified Personal Trainer
- QueenAx Functional Fitness Instructor
- Pursuing Degree in Occupational Therapy

- Functional Fitness
- High Intensity Interval Training (H.I.I.T)
- Special Populations
- Strength Training
- Weight Loss



Tanya Isaac

- ACSM Certified Personal Trainer
- Kettlebell Instructor
- LiveStrong Instructor
- QueenAx Functional Fitness Instructor

- High Intensity Interval Training (H.I.I.T)
- Functional Fitness
- Strength Training with Toning
- Injury Prevention and Recovery
- Weight Loss Management



Dan Isaac

- World Champion Kickboxer
- Kickboxing Master Instructor (ALKC)
- Cardio kickboxing Instructor (ALKC)
- Muay Thai Fitness Instructor (NESTA)
- QueenAx Functional Fitness Instructor
- Functional Fitness
- Kickboxing One on One
- Mixed Martial Arts
- Self Defense
- Tai Chi



LaToya Knowles

- M.S. Civil and Environmental Engineering
- ISSA Certified Personal Trainer
- Piloxing Instructor
- QueenAx Functional Fitness Instructor
- High Intensity Interval Training (H.I.I.T)
- Functional Fitness
- Strength Training
- Health Risk Prevention
- Weight Loss Management