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:

John Broadway Health and Wellness Director 314.436.4100 John.broadway@gwrymca.org the

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Downtown YMCA at the MX Personal Training Team

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Chelsea Granberry

Education/Certification

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

• Functional Fitness

Areas of Focus

- 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

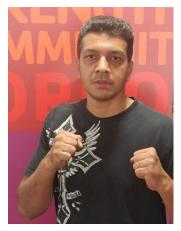
- Functional Fitness
- High Intensity Interval Training (H.I.I.T)
- Special Populations
- Strength Training
- Weight Loss



• 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

Tanya Isaac



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