



HOMETOWN

South Burlington, Vermont

CERTIFICATIONS

Personal Trainer - ACE

Registered, Licensed Dietitian in NC
TRX

Silver Sneakers

Diabetes Prevention Program

MOTTO

What you do in the fitness center
enhances what you do in everyday life

SPECIALTY

Functional fitness for active
older adults

Nutrition Counseling

Personal Training

BIO

I have been active my whole life. In high school I competed in field hockey, cross country skiing and track and field. I decided in high school I wanted to study nutrition. While studying nutrition at UVM I also competed in collegiate track. Currently I enjoy training and competing in Masters' and Senior Games track as a sprinter as well as weight training or HIIT type classes. Active older adults are my favorite group to work with in the areas of strength, balance and mobility. I use my knowledge and creativity to design programs that are safe, purposeful and fun to help individuals have a better quality of life outside the YMCA.



YMCA Personal Trainer
CHERYL BEY