

YMCA  
Personal Trainer

**KERRI  
GEORGE**



**HOMETOWN**  
Pfafftown, NC

**CERTIFICATIONS**  
American Council on Exercise  
Certified Personal Trainer

**MOTTO**  
"Be Strong to Serve"

**FAVORITE EXERCISE**  
Strength and Interval Training

**BIO**

As a wife and mom of five kids (four boys and a girl), I know what it means to be busy! I also know that being strong and healthy takes hard work and effort. My hope is to motivate others, through exercise, to become stronger and healthier, not just for their own benefit but in order to effectively serve those around them. I became a personal trainer because I truly enjoy people and I love exercise. My objective is to build confidence in my clients through proper knowledge and instruction so they can safely and effectively pursue their health goals, all while having some fun along the way!

**YMCA OF NORTHWEST NORTH CAROLINA**