

**HOMETOWN**

Lewisville, North Carolina

EDUCATION

West Forsyth High School
Surrey Community College - Associate's in
Psychology

AVAILABILITY

Open

CERTIFICATIONS

FiTour- Primary Personal Training, Autism
Awareness, Youth and Development

SPECIALTY

Machine Weights, Free Weights, Cables,
Disability Friendly workouts- modifications

MOTTO

Meeting people in the now and transforming
them into their full potential

FAVORITE EXERCISE

Cabled triceps/biceps and Elliptical

BIO

I was born and raised around the Winston-Salem area. I've been a part of the YMCA since I was 13 starting as a volunteer, eventually working the front desk at the Fulton Family YMCA. During my time as a volunteer I received a Youth Leadership award which led me to become the Site Supervisor at the Yadkin Family YMCA in 2023. I wanted to broaden my areas of knowledge and expertise with the YMCA so I started working in Wellness at Robinhood Road and William G. White, Jr. Family YMCAs. This led me to get my Personal Training Certification in January of 2024. I look forward to working with the individuals I meet and new faces to help them meet their health and wellness needs.



YMCA Personal Trainer
HEATHER BROWN