



MATT

Certified Personal Trainer

I'm a passionate trainer who believes true fitness goes beyond looking strong; it's about feeling good and healthy from the inside out! I enjoy helping people become stronger, more confident, and healthier while enjoying their journey along the way. My goal is to help create workouts that challenge, motivate, and most importantly, make you feel good.

One of the reasons I began working at the YMCA is the sense of community here. Not only is it a great place to work out, but there are classes, events, potlucks, clubs, and much more. I became a personal trainer because, in the past, exercising has helped me recover from injuries, lose weight, and keep a clear head, and I want to share that and help others!

We are all creatures of habit, and creating a healthy routine is one of the most powerful tools for achieving lasting results! Fitness doesn't need to be overcomplicated! It's about building healthy habits, establishing a routine that works for you, and staying consistent over time.

Eating right is almost, if not more, important than exercising! You can work out all day, but giving your body the correct building blocks to be successful is key. A proper diet is just as important as exercise, if not more so. Consistency is key when it comes to working out and eating, and once a habit is formed, working out and eating right becomes part of your daily routine!

Exercise has proven to be a powerful tool for reducing stress and boosting confidence, improving mood, and creating a happy, healthier, happier life. Whether you're just looking to get started or take your fitness to the next level, I'm here to help you become the best version of yourself!

Pick up a Personal Training Screening Packet from the Member Services Desk today or scan the QR code to get started on your goals today!