

## **HOMETOWN**

Newton-Conover, NC

# **CERTIFICATIONS**

IFTA Certified Personal Trainer YMCA Group Exercise Instructor Y Healthy Heart Ambassador Livestrong Instructor YMCA Strength and Conditioning

## **SPECIALTY**

Aerobic Conditioning Mobility and Balance Healthy Aging

## **FAVORITE EXERCISE**

Manmakers

## **MOTTO**

"I can do all things through Christ who strengthens me." - Phil 4:13

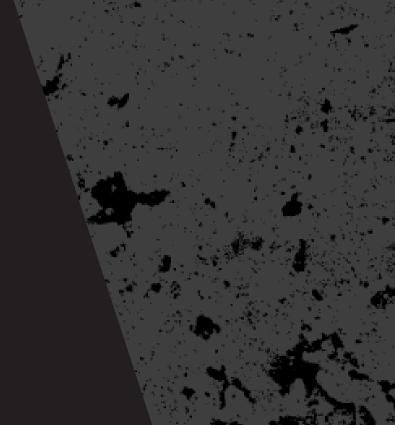
#### **AVAILABILITY**

Email a.tate@ymcanwnc.org

#### BIO

I started my journey with the Y by attending classes. Angela's over 10 years in our Y is best described by her: "God put such a passion on my heart for seniors that I now spend most of my time teaching senior classes, coaching cancer survivors, and assisting stroke victim's rehabilitate. How blessed we are, as a community, to have a Y that continues to help all people reach their God Given potential in spirit, mind, and body."





YMCA OF NORTHWEST NORTH CAROLINA