



HOMETOWN

Wheat Ridge, Colorado

EDUCATION

B.S. in English and B.S. in Business Management from North Carolina State University

Masters Degree in Language and Literacy from Salem College

CERTIFICATIONS

AFAA

ACFL-U.S. Navy

NCHSAA Swimming and Track & Field Coach

SPECIALTY

Cross Training

Fat Loss/Muscle Gain

Core Fitness

Obstacle Run Training

Swimming

Sports Training

Track and Field

MOTTO

"If you always do what you always did, you'll always get what you always got. You have to get comfortable with uncomfortable."

AVAILABILITY

Evening and weekends

BIO

I have worked for the Y since 1992 and was previously the Aquatic Director at the Yadkin Y. Currently I am the Head Swim Team Coach and one of the Head Track and Field Coaches at Forbush High School. I love helping



YMCA Personal Trainer
MARK BEUTER

people achieve goals they previously thought were unattainable. Becoming fit is not just physical, it is mental. If you can condition your mind, you can condition your body. As a trainer, I feel it is my job to help people break down physical and mental barriers so clients can run the race of their lives, lose weight they have struggled to lose, or accomplish things they have not been able to accomplish for years.