



HOMETOWN

Rural Hall, NC

EDUCATION

B.S. in Exercise & Sports Science

B.S. in Health Science

Minor in Sports Administration

CERTIFICATIONS

NASM- Certified Personal Trainer

SPECIALTY

Functional Fitness

AVAILABILITY

Early Mornings and Afternoon

MOTTO

"Dare to be great"

FAVORITE EXERCISE

Squats, crunches, swimming

BIO

I played baseball at Guilford College where I was a left handed pitcher. I studied Exercise Science, so exercise has always been a part of my life. I like to make exercise fun in anything I do. I have always had a passion and drive to be the best I can be, while helping others along the way to achieve their goals as well. I got my Personal Training Certification in March of 2021. I'm excited to get started in helping others achieve their goals while making exercise exciting.



YMCA Personal Trainer
TY WALSER