



HOMETOWN

Yadkinville, NC

EDUCATION

Forbush High School

CERTIFICATIONS

Personal Trainer – FiTOUR

SPECIALTY

Interval Training
Cardio Conditioning

MOTTO

"If it was easy, everybody would do it!"

FAVORITE EXERCISE

Strength Training, Cardio, Basketball & Wrestling

AVAILABILITY

Afternoon, Evenings

BIO

I am a wellness experience coach at the Yadkin Family YMCA. I love my job and I decided to expand my horizons to become a Personal Trainer and to learn as much as I can about it. I've decided to go wherever this takes me. I started lifting weights a couple of years ago and it's something I enjoy - not only as fitness, but also as a hobby!



YMCA Personal Trainer

BRYAN HOPKINS