



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BONNIE REDDIG

HEALTHY LIVING PROGRAM SUPERVISOR PERSONAL TRAINER

“I love traveling and experiencing other cultures. My goal is to visit as many countries as I can, and preferably hike in all of them!”

BACKGROUND

- Associate of Applied Science degree in Fitness Training
- NASM certifications in Personal Training, Senior Fitness and Feeding the Athlete
- A passion for movement fueled my desire to inspire others
- Health is a well rounded experience connecting mind and body. It takes a balance with both to fully achieve healthy living



SPECIALIZATIONS

- Senior Fitness
- Group Exercise
- Corrective Exercise
- Functional Fitness
- Small Groups
- BoxMaster Certified
- Schwinn Indoor Cycling
- Pound Certified
- Metabolic Training

CLARK COUNTY FAMILY YMCA

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