



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRANDY HYMAS

PERSONAL TRAINER/WELLNESS COUNSELOR

“While not at the Y, I enjoy hiking, being active with my family, exploring new places, being outside, and just enjoying life!”

BACKGROUND

- Associate of Applied Science in Fitness Trainer Program at Clark College
- NASM Certified
- TRX Level 1
- BoxMaster Certified

SPECIALIZATIONS

- Youth Training/Fitness
- Senior Training/Fitness
- Functional Training
- Small Group Training
- Triathlon Training
- Body Composition Assessment
- Strength Training
- Creating specific routines for diverse clientele
- Making fitness fun



CLARK COUNTY FAMILY YMCA

11324 NE 51st Circle
Vancouver, WA 98682
360.258.3843
ymcacw.org

