



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TRESSA YORK

## PERSONAL TRAINER/WELLNESS COUNSELOR

“My favorite hobbies besides the gym are cycling, hiking, and walks with my dog. I have a great husband and two grown sons.”

### BACKGROUND

- NASM Certified CPT
- NASM Certified Senior Fitness
- NASM Certified Group Fitness
- Barre Above Certified
- Aqua

### SPECIALIZATIONS

- Aqua Classes
- Group Training
- Strength Training
- Cardio Training
- Senior Fitness

After 16 years in food service, I decided to bring the joy of fitness to others. My passion for seniors and helping them to stay active and strong. If your strong inside you will be strong outside.

### CLARK COUNTY FAMILY YMCA

11324 NE 51st Circle  
Vancouver, WA 98682  
360.258.3843  
[ymcacw.org](http://ymcacw.org)

