



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

IAIN YOUNG

PERSONAL TRAINER

"I believe our bodies are amazing machines worthy of the freedom and inspiration fitness provides."

BACKGROUND

Iain is a National Academy of Sports Medicine Certified Personal Trainer with more than 20 years of experience in the fitness industry. He specializes in injury rehabilitation, weight loss/maintenance, strength building, cardiovascular training and flexibility. His goal is to help clients improve their body's function and their ability to engage in the activities they love.

Iain has worked with all types of clientele from professional snowboarders and endurance athletes to those who have never set foot in a gym before. Clients can rely on Iain to provide variety in workouts as he constantly strives to create new and invigorating programs to challenge each client's body and mind.

As a life-long endurance athlete himself, Iain has a passion for learning new knowledge about fitness and recreation and sharing this information with clients.

In his spare time, Iain loves to skateboard, run road and track races as well as trying to keep up with his nine year old daughter.



SHERWOOD REGIONAL FAMILY YMCA

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