



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CAZ

PERSONAL TRAINER

Caz is a Certified Personal Trainer and Movement Instructor who encourages us to have fun when working on our health and wellness goals. Caz puts an emphasis on training so that we are strong, vibrant and functional at every age. She is a Certified Functional Aging Specialist, Senior Fitness Specialist, Corrective Exercise Specialist and Weight Loss Specialist. In all of her Personal Training Plans she incorporates a holistic approach.

Fitness has been an important part of her lifestyle since her teens. She discovered the value of the mind body connection over 10 years ago, and now incorporates elements of mind body programs like Yoga, Nia and Tai Chi into her clients plans. She is always learning new techniques and moves that will allow her clients to attain optimal fitness, to participate in life and to meet all their goals with physical strength and a calm mind.

Caz is colorful in both her nature and in her clothes, and she loves to see her clients have fun when moving.



SHERWOOD REGIONAL FAMILY YMCA
ymcacw.org

