



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ALISON

## PERSONAL TRAINER

Alison is a fitness enthusiast whose passion formed in her early teens. She loves to exercise with others and enjoys the social aspects of group ex, personal training and group fitness events. She has a special love for Pilates which she has taught for 2.5 years at the YMCA as well as classes combining weights/cardio. She enjoys Tabata, dance fitness, walking, running, hiking, burpees and planking in interesting locations.

She has a bachelors degree in Human Development and Family Sciences with minors in Spanish and Psychology. She has volunteered many hours with her children's school and MOMS Club of Sherwood. She has three kids ages 24, 12 and 9 and loves spending time with family, friends and traveling.

Alison believes that living a healthy lifestyle is the key to happiness and loves sharing her tips and tricks with others. She lost 30 lbs. herself after college and has kept it off for 25 years now! She enjoys working with people of all ages and gets especially excited about theme days/spirit weeks and making fun playlists to motivate and entertain her participants. She is excited to work with anyone looking for support to reach their full potential in health and life.

Alison is an ACE certified Personal Trainer.



SHERWOOD REGIONAL FAMILY YMCA  
[ymcacw.org](http://ymcacw.org)