



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sherri Carothers

Personal Trainer / Wellness Counselor

Clark County Family YMCA

BACKGROUND

- ACE Certified Personal Training
- ACE Certified Group Fitness Instructor

SPECIALIZES IN

- 5K/10K Training
- Strength Training
- Helping others find there passion for fitness!

PERSONAL HIGHLIGHT

In my free time I enjoy spending time outdoors hiking and running on the trails. I love living in the PNW.

I love staying active because I want to grow old gracefully.



Clark County Family YMCA
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