

# MEET OUR TRAINERS

FOOTHILLS AREA YMCA

faymca.org



## JESSICA

### Personal Trainer

**With the Y since:** Mar. 2023

#### **Specializations/Certifications:**

Certified personal trainer,  
Diabetes Prevention Program

#### **Why I'm a trainer:**

I am passionate about health and fitness and love helping people reach their goals.

#### **Favorite thing about the Y:**

Love that the Y has a community feel that gives people a place to come and feel like they are part of a big family.



## MARGIE

### Personal Trainer & Fitness Instructor

**With the Y since:** Jan. 2025

**Specializations/Certifications:**  
NASM Certified personal trainer,  
Livestrong

#### **Why I'm a trainer:**

My goal is to inspire our members to get fit and improve their quality of life one day at a time.

#### **Favorite thing about the Y:**

I enjoy the family friendly environment and sense of community. We are welcomed daily by someone with a smile and a reminder that a beautiful day begins with a beautiful mindset.



## CHRISTIAN

### Personal Trainer

**With the Y since:** Aug. 2022

#### **Specializations/Certifications:**

NCSF Certified personal trainer,  
Rock Steady Boxing Coach,  
EIM, Boxing certification

#### **Why I'm a trainer:**

I enjoy seeing people become more capable and meet their fitness goals.

#### **Favorite thing about the Y:**

The friendly atmosphere of both the staff and the members.



## LEVI

### Personal Trainer

**With the Y since:** Sep. 2025

**Specializations/Certifications:**  
NASM Certified personal trainer

#### **Why I'm a trainer:**

I want to help people reach their fitness and health goals.

#### **Favorite thing about the Y:**

Community and employees.



## KAYLEE

### Personal Trainer & Group Ex Instructor

**With the Y since:** Jun. 2020

#### **Specializations/Certifications:**

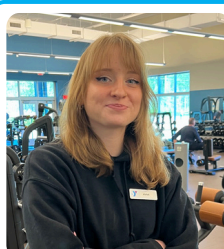
ACE Certified personal trainer  
TRX, Livestrong, Pilates

#### **Why I'm a trainer:**

I love being able to help clients reach their goals and become happier, healthier, and more confident.

#### **Favorite thing about the Y:**

I love being able to interact with all the members and meet new people everyday.



## ANNA

### Personal Trainer

**With the Y since:** Jan. 2025

**Specializations/Certifications:**  
NASM Certified personal trainer

#### **Why I'm a trainer:**

I love all things fitness and want to help improve other's lives in any way I can.

#### **Favorite thing about the Y:**

I love how friendly everyone is here, both staff and clients alike, and how encouraging the environment is.

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## EDISON

**Personal Trainer/Fitness Coach**

**With the Y since:** Feb. 2020

**Specializations/Certifications:**

NASM Certified personal trainer,

Physical therapy assistant, trained in the US Army Reconditioning Program

**Why I'm a trainer:**

Having the ability to provide members a better quality of life by imparting my knowledge, understanding their needs, and assisting with ways to improve their overall health based on goals.

**Favorite thing about the Y:**

When you walk in those doors, it feels like family.



## KINLEY

**Personal Trainer / Associate Fitness Director**

**With the Y since:** Mar. 2020

**Specializations/Certifications:**

NASM Certified personal trainer, RSB, Boxing, Speed & Agility, Exercise is Medicine

**Why I'm a trainer:**

Wanted to help people achieve their fitness goals and live a healthier lifestyle.

**Favorite thing about the Y:**

We have the best members. The community at the Y is like family.



## CIERRA

**Personal Trainer**

**With the Y since:** May 2024

**Specializations/Certifications:**

NASM Certified personal trainer, LiveStrong, Healthy Heart Ambassador

**Why I'm a trainer:**

I get to help others realize their own strength and accomplish their goals.

**Favorite thing about the Y:**

The people I get the privilege of meeting.



## ASHLYN

**Personal Trainer**

**With the Y since:** Jul. 2025

**Specializations/Certifications:**

NASM Certified personal trainer

**Why I'm a trainer:**

I really enjoy helping people move, grow, and feel good doing it.

**Favorite thing about the Y:**

I love the friendly environment the Y has created.