

# *Yvonne Garthwait*

## **PERSONAL TRAINER AND SENIOR FITNESS SPECIALIST**

Yvonne has been in the fitness industry for over 25 years and has been certified through the American Council on Exercise as a Personal Trainer and Group Fitness Instructor for 20 years.

She is committed to staying current with the latest trends in fitness and has acquired certifications in the following:

- Core Conditioning
- Fall Proof
- Golf Conditioning
- Functional Fitness
- Mat Pilates
- Foam Rolling
- TRX
- Back Exercise

Her passion is to help people achieve their personal fitness goals in a safe and practical way. She believes it's never too late to start a program or change up an existing program. Change is good and the only way to improve your fitness level. Try one of Yvonne's group fitness classes or consider personal training, she is ready to meet you and talk about your fitness goals.