

**HOMETOWN**

Fayetteville, NC

EDUCATION

B.A. in Biology
UNC-Greensboro

CERTIFICATIONS

Personal Trainer– ACE
(American Council on Exercise)

SPECIALTY

Strength & Conditioning Training
Balance & Flexibility Training
Functional Fitness

AVAILABILITY

Varied mornings, afternoons, evenings,
and Saturdays/Sundays

MOTTO

“Take Pride in how far you have come.
Have faith in how far you can go.”

FAVORITE EXERCISE

Walking Planks, Back Squats, & Bear Crawls

BIO

I have had a life long passion for fitness and learning how to improve the body and mind through exercise and in doing so, it has become a goal of mine to share that knowledge and passion with others. No matter the background, my goal is help those who are looking to begin their own journey of bettering themselves while taking up a passion suited to one’s individual needs alongside an incredible support system, where we can all work together to help challenge each other in a fun and safe environment!



YMCA Personal Trainer
DANNY OGUNWO