



HOMETOWN

Winston Salem, NC

EDUCATION

BS Industrial Technology
NC A&T State University
MS Human Relations
University of Oklahoma

CERTIFICATIONS

Personal Trainer– NASM
Licensed Massage Therapist
Water Fitness Instructor

SPECIALTY

Resistance Training
Youth Fitness
Active and Passive Stretching

AVAILABILITY

Varied morning, afternoons, and evenings
Tuesdays, Thursdays, and occasional Saturdays

MOTTO

“Attitude Determines Altitude”

FAVORITE EXERCISE

Swimming

BIO

I am a fitness enthusiast, and a retired Army Veteran. Recently, I decided to share my wellness journey by becoming a personal trainer. I believe that one's attitude determines one's overall wellness. My ultimate goal is to make fitness priority by making it consistent as well as enjoyable.



YMCA Personal Trainer
LYNN THOMAS