



HOMETOWN

Buffalo, NY

CERTIFICATIONS

NASM-Certified Personal Trainer

Silver Sneakers

LES MILLS:

BodyPump

GRIT

CORE

SPECIALTY

Senior Functional Fitness

Weight loss

HIIT

Strength

Bootcamps

Agility

MOTTO

"Mindset is what separates the best from the rest"

AVAILABILITY

Flexible

BIO

My family and I moved here from Buffalo, NY in 2015. I joined the YMCA for exercise, and instantly fell in love with the community! I started taking some Group Exercise classes, and I became so passionate about it that I became an instructor and started teaching classes! Helping people reach their fitness goals has been so fulfilling and rewarding, I wanted to take it to the next level by becoming a Personal Trainer.



YMCA Personal Trainer

PATTY FITZSIMMONS

I have 2 kids and they are involved in sports all year long. They have gotten to the age where they will come here to the Y and train in their own time. Being a good role model for them by living a healthy, active lifestyle has always been a priority. When you feel good, everything around you is good!