



### **HOMETOWN**

Black Mountain, NC

### **EDUCATION**

BS in Psychology, UNC Chapel Hill  
MS in Neuroscience,  
Wake Forest University

### **CERTIFICATIONS**

ACE Certified Personal Trainer

### **SPECIALTY**

Strength Training  
Athletic Conditioning  
Bodybuilding

### **AVAILABILITY**

Flexible (changes semester to semester)

### **FAVORITE EXERCISE**

Bench, lat pulldown, overhead press,  
bicep curls, leg extension

### **BIO**

Hi! So my fitness adventure started as a little kid, because I did different sports throughout my childhood, with the main sport being tennis. When I was a junior in high school I took weight training as my gym elective and absolutely fell in love with it, and have been doing it ever since. Lifting has taught me so much about myself and has helped me heal and grow in many ways. My gratitude for all that I had (and have yet) to learn inspires me to help others experience the same sense of accomplishment physically, mentally and emotionally in their own fitness journeys. I started personal training (different age groups from different walks of life) in undergrad, which was extremely fulfilling. I was able to not only encourage my clients,



YMCA Personal Trainer  
**ARIANA PIRZADEH**

but also be someone they could go to with questions, concerns, or even just a listening ear, because I never want anyone to feel alone in their fitness journey. I understand that each person has their own individual goals, experiences, priorities, and struggles, so I will make sure to take all of that into account and create a specific program for each client. I know how overwhelming it can feel, and I hope I have the opportunity to work with you and support you through it!