



### **HOMETOWN**

Winston Salem, NC

### **EDUCATION**

Lenoir-Rhyne University:

Bachelor's Exercise Science

Master's in Exercise Science:

University of California at Pennsylvania

### **SPECIALTY**

Strength & Conditioning

Functional Fitness

Performance Enhancement &

Injury Prevention

### **AVAILABILITY**

Monday-Friday, mornings & evenings

### **MOTTO**

In life you're either progressing or regressing. The choice is yours to make daily.

### **BIO**

Growing up at the YMCA is how I found my passion for wellness and everything related to health. From playing sports to weightlifting, physical activity has been an integral part of my life. The passion I've developed for exercise and fitness has led me to wellness and personal training to help others achieve their fitness goal, regardless of training status.



YMCA Personal Trainer  
**IESHA MCCOLLUM**