

**HOMETOWN**

Winston-Salem, NC

**CERTIFICATIONS**

Licensed Behavioral Health Consultant  
Personal Training Certification

**SPECIALTY**

Strength and Core training

**AVAILABILITY**

Varied morning, afternoons, evenings,  
and Saturdays

**MOTTO**

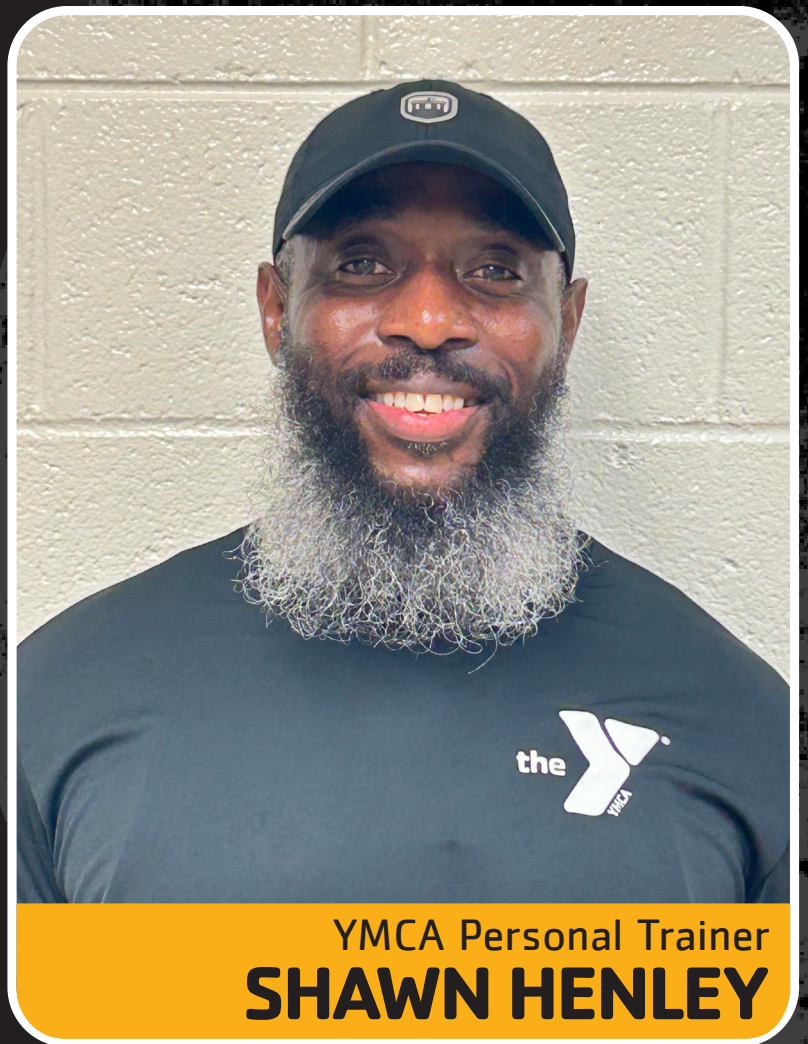
"Chin up, chest out, engage that core.  
Now let's go to work!"

**FAVORITE EXERCISE**

Anything involving circuit training

**BIO**

Hello YMCA family and friends! I am a master level personal trainer who has been training in several different capacities for over 21 years. I am originally from Winston-Salem but left 30 years ago, only recently finding my way back home, coming from Chicago IL. I am a licensed behavioral health consultant as well as a former MMA competitor (cage fighter). I am SUPER excited to be joining the YMCA training /coaching team and look forward to working with anyone interested ready to set personal foals to work towards a happy and healthy lifestyle while improving quality of life. I am a great listener of the needs of the body.



YMCA Personal Trainer  
**SHAWN HENLEY**