



HOMETOWN

Walnut Cove, NC

EDUCATION

Bachelor of Science in Biology
Minor in Chemistry and Spanish
Wake Forest University, 2021

CERTIFICATIONS

Personal Trainer– FiTour
CPR and First Aid Certified

SPECIALTY

Core Training
Aerobic Conditioning
Functional Fitness
Strength Training

AVAILABILITY

Mornings are best, varied afternoon and weekend appointments

MOTTO

“You don’t have to be extreme, just consistent.”
“Even with all your imperfections, you can do anything.”

FAVORITE EXERCISE

Distance running, weight training, HIIT (High Intensity Interval Training), Tennis

BIO

I’ve always had a love for fitness and improving one’s self, whether that be physically, mentally or spiritually. Although I have only been a trainer at the Stokes Family YMCA since July of 2022, exercise has been a huge component of my life for many years and years to come! I am an avid runner and tennis player. My future goals include working in health care. I hope to provide fun, safe, yet challenging workouts tailored to each individual, regardless of fitness level or background. I look forward to sharing in your fitness journey and am excited about helping you become more confident in your own abilities!



YMCA Personal Trainer
JENNY SMITH