



### **HOMETOWN**

Lewisville, North Carolina

### **CERTIFICATIONS**

ISSA Personal Trainer, ISSA Nutrition Coach

### **SPECIALTY**

Weight loss, muscle building, and strength training

### **FAVORITE QUOTE/MOTTO**

"If you want something you've never had, you must be willing to do something you've never done." - Thomas Jefferson

### **FAVORITE EXERCISE**

Bench press, Deadlifts, and Shoulder press

### **BIO**

Hi, I'm Aidan, I have been working at the YMCA since I was 16 years old. This place has been a huge part of my life. I enjoy going to the beach and spending my free time working out. You can always find me here, even when I am done working for the day. I fell in love with fitness after high school sports and my goal is for everyone to have the same love for it as I do. I am looking forward to being a part of your journey into fitness!



YMCA Personal Trainer  
**AIDAN CARR**