

**HOMETOWN**

Dallas, TX

CERTIFICATIONS

National Council on Strength & Fitness

SPECIALTY

HIIT (High Intensity Interval Training)

Free Weights

MOTTO

"Get started. Keep it simple. Be consistent."

FAVORITE EXERCISE

Goblet Squats, Renegade Rows,
and Jogging Outdoors

BIO

Hey there! I'm Bethany, and I endorse a sustainable mind-body approach to fitness. I believe exercise has the power to transform us both physically and emotionally, and while my clients can expect to be challenged, they will feel supported above all else. When possible, I love to unplug and work out in nature, either exploring local trails or hitting the beach. I was a ballet dancer for ten years, and I'm also a writer. During my free time, I'm preparing to publish my second book. I love working as a wellness coach and certified personal trainer here at the Jerry Long Family YMCA, and I'm looking forward to working one-on-one with you!



YMCA Personal Trainer
BETHANY LEGER