



HOMETOWN

Mocksville, NC

CERTIFICATIONS

Personal Trainer NASM
Senior Fitness Specialist NASM
Nutrition Coach NASM
Metabolic Effect Nutrition Coach
Les Mills Certified Sprint and BodyCombat

SPECIALTY

Senior Fitness
Weight loss
Strength training

MOTTO

Train Hard, Live Better

BIO

The YMCA is like a home to me. I have been a member most of my life and an employee for 6 years. My mission is to help you train for that "little old body." Dense bones. Strong muscles. A healthy heart. Good balance. Functional independence. Let's Go!



YMCA Personal Trainer
SCARLET HODGES