

**HOMETOWN**

Winston-Salem

**EDUCATION**

St. Elizabeth Ann Seton Home Study School

**CERTIFICATIONS**

FITOUR Primary Personal Training

**FAVORITE EXERCISE**

Chest Press and Leg Extensionst

**BIO**

We are all going to have struggles when it's our first time in the gym, and what we see can be overwhelming for us to understand. As your Personal Trainer, my goal is to take you on a smooth and wonderful journey to set and meet the goals that you would like, want, or need to accomplish. I believe that anything is possible if you have the right mindset, and if you have that willpower to achieve anything that you would want to achieve. I am here to help you know exactly what to do while you're in the gym, and to help you feel confident the next time you may want to step in by yourself. I can't wait to be a part of this wonderful journey we will be on together, and bring you closer to the goals that you once thought were never possible to achieve!



YMCA Personal Trainer  
**MICHAEL DELANEY**