



HOMETOWN

South Elgin, IL

EDUCATION

Florida International University

CERTIFICATIONS

ASHI, CPR, First Aid, AED

NETA Certified Personal Trainer

Les Mills Body Pump

Precor: Queenax Certified

AMP'D Kettlebell Certified

ACE: Master Swinger (Kettlebell)

NETA Exercising for Parkinson's
and Multiple Sclerosis

NETA HIIT Fit

ACE: Exercising During and After Pregnancy

IDEA: Cut to the Core

(Bosu & Stability Ball) Certified

IDEA: TRX Essentials Certified

Matrix: Sprint 8 Certified

Les Mills Core

Les Mills GRIT

Les Mills Combat

Les Mills Pilates

NETA Resistance Training

SPECIALTY

Strength Training

Weight Loss

HIIT

CLASSES

Les Mills Body Pump, HIIT, Cycle and specialty
Bootcamps

AVAILABILITY

Monday - Friday 7am-10am

Monday - Friday 4pm-Closing

MOTTO

"Be somebody that makes everybody feel like a
SOMEBODY!"



YMCA Personal Trainer

MICHELLE BASANTA

FAVORITE EXERCISE

Flip'N Squats or Jumpin' Jabs!

BIO

I started my weight loss journey in February 2004 at 357 pounds! With the help of doctors, a nutritionist, my son, family support, and dedicated personal trainers, I went from morbidly obese, as well as depressed, to a much healthier and happier version of myself. I work hard every day, my journey is not over! Goals get met and then I add to them. I am honored when someone chooses me to join them on their health journey! It is very surreal to be on the other side of things after being so heavy all my life. My clients often hear me say I get more from them than they get from me!!

YMCA OF NORTHWEST NORTH CAROLINA