



HOMETOWN

Statesville, NC presently. I was Born in Sylacauga, Alabama, raised in the Midwest (Chicago/ Wisconsin), and I've called "home" in several states throughout my life.

EDUCATION

Associate of Arts from Mitchell Community College

CERTIFICATIONS

Group Exercise Instructor, Certified Personal Trainer, Cycle Instructor, Silver Sneakers Certified, Whole Food Plant Based Certification through Cornell University

AVAILABILITY

Varies. Flexible

SPECIALTY

Working with elderly and deconditioned people

MOTTO

Good things take time. Take care of your body as it is the only place you have to live.

FAVORITE EXERCISE

I couldn't possibly pinpoint one. Move. Just move.

BIO

I have been a group exercise instructor since sometime in the late 80's. Jazz aerobics, dance aerobics, step aerobics, cycle, weight training, hula hoop (I used to manufacture and sell hula hoops!) and walking classes are several of the platforms I have taught in a group setting. The last several years I have taught several Silver Sneakers Classic classes weekly. I know that motion is lotion and after working at the YMCA for the last 28 years I see the difference in the people who move



YMCA Personal Trainer
DEBBIE SCHNEBLE

and those who do not. It doesn't take hours and hours of grueling work but rather a commitment to a goal to keep you on the right track. I love to motivate people to try their best.