

**HOMETOWN**

North Wilkesboro

**EDUCATION**

Bachelors in Exercise Science 2021  
Doctorate in Physical Therapy 2025

**CERTIFICATIONS**

Certified Personal Trainer

**SPECIALTY**

Athletes of all ages; Geriatrics

**MOTTO**

Exercise is the best medicine regardless  
of your experience or level!

**AVAILABILITY**

Monday-Thursday early mornings and evenings  
Friday: afternoons  
Weekends: as needed

**FAVORITE EXERCISE**

Squats of any kind

**BIO**

I have been weight training for 10 years. My fitness journey began as a young athlete and quickly became my passion. Now 10 years later; that love for how the body works led me to pursue a doctorate degree and begin a career to help others move as effectively as possible. My belief is that fitness is about much more than a weight room. Train hard to make life easy! I look forward to working with you!



YMCA Personal Trainer  
**NOAH DANCY**