

**HOMETOWN**

High Point, NC

EDUCATION

Concordia University – Irvine, CA
B.A. Exercise Science
Minor Kinesiology

CERTIFICATIONS

American College of Sports Medicine
Certified Personal Trainer
American College of Sports Medicine
Certified Exercise Physiologist
CPR, First Aid, AED

SPECIALTY

Functional Fitness, Strength Training, Balance,
Gait Training/Active Daily Living, strengthening,
behavior modification coaching, and Parkinson's
cycling and strength training

FAVORITE EXERCISE

Planks, anything cable, sit-to-stands

MOTTO

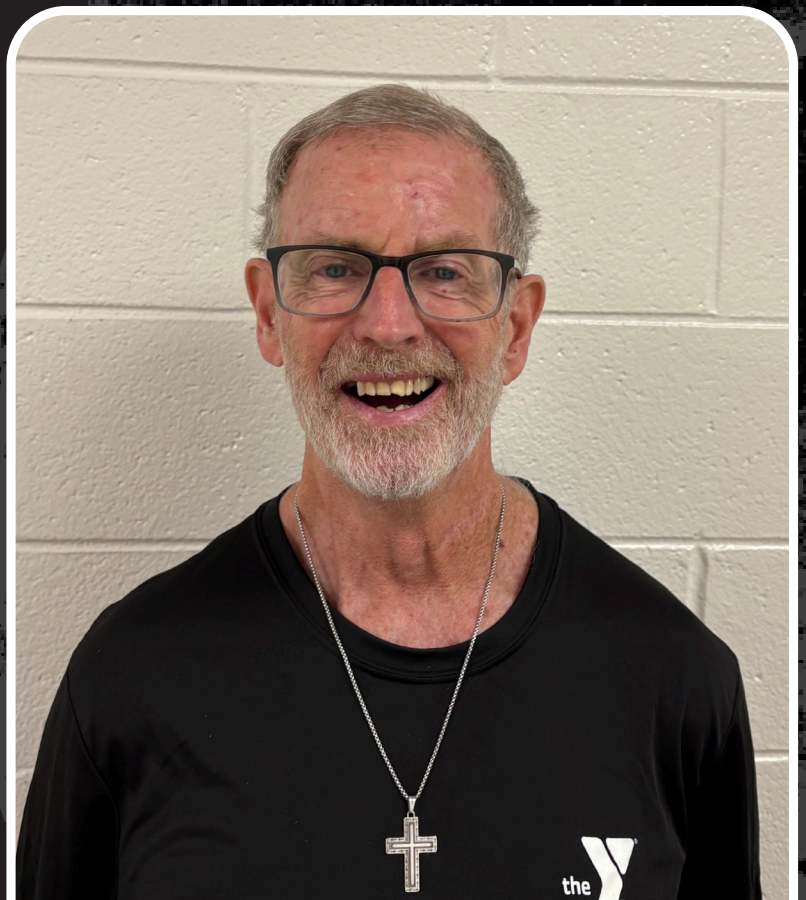
The secret to your success is the consistency of
your purpose as your road to success is always
under your construction. "Be Fit to be your best
in all areas of your life."

AVAILABILITY

Monday Mornings: 8:00am-1:00pm
Tuesday Mornings: 8:00am-12:00pm
Thursday Mornings: 8:00am-12:00pm
Friday: 8:00am-3:00pm

BIO

John has been involved in fitness related
activities since his youth. He excelled in tennis,
basketball, and golf in junior high and high school
despite surviving physical challenges since his
birth. After graduating from Concordia University
– Irvine with a degree in Exercise Science,
he worked in the fitness business in various



YMCA Personal Trainer
JOHN ODLAND

capacities. For the past 34 years, John has been working in
physical therapy, coaching basketball and football, teaching
junior and senior high P.E., personal training, group exercise
instructor, Parkinson's cycling and strength training, and as
an Exercise Physiologist in assisted living facilities.

He is presently studying to become a Cancer Exercise
Specialist and Senior Fitness Specialist. John's career with
the Y has spanned over 14 years between California and
North Carolina, and includes volunteering for YMCA events,
coaching youth basketball, teaching P.E. classes at local
elementary schools, teen fitness, and corporate wellness.
When John is away from the YMCA, he enjoys being a
husband, father, and grandfather, to a daughter and 2
granddaughters. He relishes traveling to see his and his
wife's families. John's joy comes from serving and helping
others strive to live a thriving, healthy, and independent
lifestyle through fun and challenging programs specifically
designed to meet their goals.