

**HOMETOWN**

Charlotte, North Carolina

**EDUCATION**

Appalachian State University,  
Bachelor of Science in Exercise Science

**CERTIFICATIONS**

National Strength and Conditioning Association:  
Certified Strength & Conditioning Specialist

**SPECIALTY**

Strength  
Hypertrophy  
Power Lifting

**AVAILABILITY**

Varied mornings, afternoons and evenings

**MOTTO**

This is the beginning of a new day. You have been given this day to use as you will, you can waste it or use it for good.

**BIO**

I have been involved in weight training for almost ten years. My strength training journey started in my high school weight room and I haven't stopped since. I enjoy helping people of all ages and backgrounds reach a stronger and healthier version of themselves. I believe that fitness is not only important for your physical health but also your mental health. No matter what your starting point is, I am here to guide and drive you to be a healthier version of yourself.



YMCA Personal Trainer

**WILLIAM JOLLY**