

**HOMETOWN**

Long Beach, CA but I have called North Carolina my home since 2013

CERTIFICATION

FitTour Primary Personal Trainer

SPECIALTY

Cheering you on!

AVAILABILITY

Weekday evenings

MOTTO

"Life has its ups and downs, we call them squats."

FAVORITE EXERCISE

Bicep curls and anything cardio-based

BIO

My fitness journey truly started when I started working here at the YMCA over 4 years ago. I have seen firsthand what leading an active lifestyle can do for anyone, regardless of age. All you have to do is start, you've got this.



YMCA Personal Trainer
MARIA ESTRADA