



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Alison Pletcher PERSONAL TRAINER

WE'LL MOTIVATE YOU AND HELP YOU REACH YOUR GOALS

Highlight of Y

I've taught classes at the YMCA since January 2015. Before that, I was part of the Y community as a member. Y members are the most welcoming and caring!

Why the Y

The Y is for everyone! There's a program, class or space for every person.

My Philosophy

Exercise keeps your mind, body and soul at its best. Losing weight, gaining muscle, increasing flexibility and preventing disease are physical benefits of exercise, but it's so much more! It can reduce stress, anxiety and depression. Exercise can enhance self-image, build confidence and increase self-esteem! Your body is an incredible machine and is capable of so many things. I would be honored to help you discover the importance of exercise and achieve your goals.

My Credentials

- American Council on Exercise - Certified Personal Trainer (ACE-CPT)
- National Exercise Trainers Association - Certified Group Exercise Instructor (NETA-CGEI)
- National Academy of Sports Medicine - Certified Nutrition Coach (NASM-CNC)
- Group Fitness Certifications: Les Mills (BODYPUMP, GRIT, CXWORX), WERQ Dance Fitness, BollyX, Turn Up Dance Fitness

Training Philosophy

Challenge yourself, and put in the work. What you put in is reflected in your results. I'm here to show you the exercises, help you develop a plan and encourage you, but it is ultimately up to you to do the work!

Book Your Appointment Today!

Contact Alison at apletcher@ymcadane.org

YMCA OF DANE COUNTY
www.ymcadane.org

Lussier Family East YMCA
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