



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Cindy Kennedy PERSONAL TRAINER

WE'LL MOTIVATE YOU AND HELP YOU REACH YOUR GOALS

Why The "Y"

I believe in the "Y's" philosophy of "connecting all people to their potential, purpose and each other".

Background & Philosophy

Before becoming a personal trainer, I was a Physical Therapist Assistant for 13 years. I was inspired each day as individuals facing insurmountable odds fought to regain their independence. The job was very rewarding and physically demanding. Back and shoulder injuries prompted my transition to personal training, but rehabilitation will always be near and dear to my heart.

I base my approach to training on "prehab," including exercises to strengthen problematic areas and emphasizing correct form to avoid injuries. Aging gracefully means continuing to do what is important to you, and if something is difficult, training specifically to overcome it. I know from personal experience how intimidating going to the gym can

be, and how finding balance and taking time for yourself seems impossible. Imagine being healthy, confident and strong; you can be! I challenge you to redefine who you are. Let's start that journey together right now with a free one-hour consultation!

Education/Certifications

- ACE Fitness Nutrition Specialist
- Queenax Functional Training Movement & Small Group Program Design
- ACE Group Fitness Instructor
- ACE Senior Fitness Specialist
- YMCA Kettlebell and TRX Certifications
- NASM Certified Personal Trainer
- AAS Physical Therapist Assistant

Book Your Appointment Today!

Contact Cindy at ckennedy@ymcadane.org

YMCA OF DANE COUNTY
www.ymcadane.org

Sun Prairie YMCA
608 837 8221