



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MEET THE PERSONAL TRAINERS!



### April

I am a IFTA certified Personal Trainer and a NETA certified Group Fitness Instructor (Group X). I also hold certifications in Group Strength, and PoundFit and have a firm understanding of the anatomy and physiology of the body and what it needs to achieve my client's goals. With my upbeat attitude and persistent drive to achieve success, I focus on designing personalized workouts pertaining to my client's basic needs. I believe that mastering the basic skills allow you to learn and execute advanced exercises more safely and effectively. I have a broad background in athletics and healthcare and love to incorporate techniques such as circuit training and plyometrics. Improving flexibility and joint stability along with the proper nutrition is important to achieve long and short term fitness goals. Healthy Mind, Healthy Body for your body is a reflection of your LIFESTYLE.

### Laurie

I grew up in Asheboro, NC and currently live in Greensboro. I've been active all my life. I grew up playing basketball and tennis. As an adult, I took up horseback riding, snow skiing and karate. I received my black belt earlier this year, which goes to show that you are never too old to try new things. I want to help others lead an active life so that as they age, they can continue to have a great quality of life. Health is more important than money, because without your health, you won't be able to enjoy spending money. I want to help you become the best you that you can be! My definition of wellness is to be able to live an active life with no hindrances. It is a lifestyle choice and anyone can choose that lifestyle. Let me help you become physically Fit!



### Marcy

I am Marcy Welch-Manley, and I am 52 years old. I have been a Personal Trainer and IFTA\* Interactive Fitness Trainers of America for 10 years. I have been employed at Hayes Taylor for 17 years! I am thankful that today, at 52 years old, I am healthier than I have ever been in my life. I love people and I have never met a stranger. I also love learning the members by name who attend my classes. Teaching here is not just JOB to me, but my life. Over the years, I've changed many lives with hundreds of weight loss success stories through my Boot Camp sessions. I really love this YMCA!

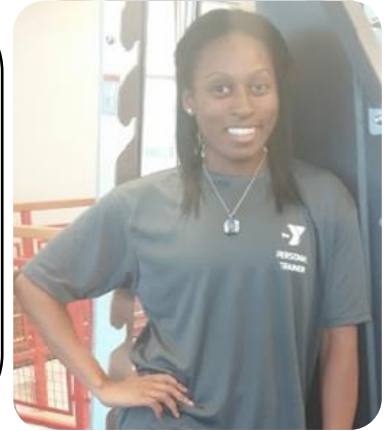
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### **Michelle**

My name is Michelle Hardy and I am a certified personal trainer under the Aerobics and Fitness Association of America. I was a Sports Science and Fitness Management student at North Carolina Agricultural and Technical State University, concentrating in Pre-Physical Therapy. I have experience with training and I am no stranger to fitness. I ABSOLUTELY ADORE FITNESS in all aspects and levels of life. I believe fitness starts with discipline, hard work, dedication, and personal motivation! I am personal trainer who believes in putting the client in the center of every workout and pushing them to reach their optimal level of fitness and ability! It is my mission to make sure that each client that I train not only reaches their personal goal, but that they gain a healthier lifestyle beyond their wildest dreams! In other words from me, "If you break a sweat, then I have done my job."



### **Rebecca**

I reside in Stokesdale, NC and have a furry baby, Bella. I hold a Bachelor of Science degree in Business and an Associates degree in Paralegal Studies. I have always had a passion for health and fitness. I am fully committed to helping others with their health and fitness goals. I received my personal training certification through International Sports Sciences Association in 2014. I have taught spin, pump it up and step at various gyms and YMCA's since 2002. I recently obtained my BodyPump certification in 2015. I like to challenge people to do things they don't think they can do and I love to see them achieve what they thought was impossible. My success stories are the people that tell me how a class I taught or sessions I have had with clients have made changes in their bodies and overall health.

### **Tony**

My name is Tony Jackson. I was born and raised in Jackson, Michigan. I am former dual-sport college athlete (football and track). Currently, I am a student at North Carolina A&T State University majoring in Sports Science and Fitness Management with an emphasis on Physical Therapy. I specialize in strength and conditioning as well as weight loss and muscle toning through boxing. My experience extends from teaching boxing classes at the Title Boxing gym, to training professional-bound football players for the NFL combine, to speaking to athletes as a motivational speaker. Obligation and motivation are two big things to look for in a personal trainer. Obligation is simply keeping you accountable, and motivation is how much your trainer inspires you to achieve. Our training extends far beyond just fitness. Train with Tony!



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