



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ASHLEE DRURY

PERSONAL TRAINER

SUPERIOR DOUGLAS COUNTY FAMILY YMCA



Qualifications:

Bachelor of Science Kinesiology–Health & Fitness with Coaching Minor

8 Years U.S. Figure Skating Coach

4 Years Group Exercise Instructor

3 Years NSCA Personal Trainer

1 Year NSCA Certified Strength & Conditioning Specialist

1 Year SilverSneakers Instructor

Specialties:

Strength Training, Youth Fitness, Sport Specific Training, Running, Injury Prevention & Rehabilitation, Flexibility and Range of Motion, Kettlebells.

BIO:

Growing up, I loved being active in both basketball and figure skating. After numerous injuries and surgeries, I gained a huge appreciation for the body and its ability to bounce back and get stronger. I love helping people discover what they are capable of and coming alongside them to help them reach their goals. When I am not at the Y or teaching skating, I enjoy spending time with my husband, Josh, trying out new recipes, hiking, playing music, and exploring local shops (coffee & otherwise).

