



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# JILL SHAUGHNESSY

## PERSONAL TRAINER

SUPERIOR DOUGLAS COUNTY FAMILY YMCA

### Qualifications:

Early Childhood Education  
1 year Certified SilverSneakers Instructor  
6+ Months NASM Certified Personal Trainer

### Specialties:

Aquatic Group Fitness, Active Older Adults, Interval Training, Strength Training, Cycling, Parent/Child Fitness, and Youth Fitness.

### BIO:

For the last 6 years I have worked in child care, I was starting to forget one thing...myself. That's when I hired a personal trainer & fell in love with not only the results but with how it helped me mentally. I started putting myself first because you can't pour from an empty glass. I wanted to become a personal trainer because I have such a love and passion for helping others. Being a personal trainer allows me to help others achieve their fitness goals to help live a happier and healthier life, which adds fulfillment to my own life. When I'm not at the Y I enjoy spending time with my significant other Corey and our fur baby Finny. I enjoy being outdoors year round, and I also enjoy painting, baking, and sewing.

