



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUSTIN NEWBERRY

PERSONAL TRAINER

SUPERIOR DOUGLAS COUNTY FAMILY YMCA

Qualifications:

4 years NETA Certified Personal Trainer
3 years Certified Group Fitness Instructor
2 years Certified SilverSneakers Instructor

Specialties:

Strength and Resistance Training, Maximum Interval Training, High Intensity Interval Training, Boot Camp/Agility Drills, Body Weight Training, and Active Older Adult Fitness.

BIO:

I decided to get a Y membership about 6 years ago when our Summer/Fall was over and the weather started to get too cold to be outside. I was encouraged to try the fitness classes with a friend, and I found the atmosphere of a group fitness class was so motivating and encouraging. I was finding new exercises to add to my personal workouts to improve my own abilities. After attending classes for about 8 months I was encouraged to get my Personal Training Certification, from there I started working at the Y. Soon after I received my Personal Training certification the opportunity came for me to instruct my own fitness class. I have such a passion for fitness, sharing my knowledge to help others reach their goals is the most rewarding part of my day.

