



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RACHEL CHRISTY

PERSONAL TRAINER

SUPERIOR DOUGLAS COUNTY FAMILY YMCA

Qualifications:

- 7 years Certified Group Fitness Instructor
- 4 years NETA Certified Personal Trainer
- 3 years National Diabetes Prevention Facilitator
- 2 years Certified SilverSneakers Instructor

Specialties:

Maximum Interval Training, High Intensity Interval Training, Aquatic Group Fitness, Active Older Adult Fitness, Strength Training, Running, Swimming, and Triathlon Training

BIO:

I started coming to the Superior Y after having 3 boys. I was a participant in fitness classes and was encouraged to start teaching. I have run numerous marathons and half marathons and was a swimmer in my youth. Fitness has been a huge part of my life for a long time. Finding a balance between taking care of a family and staying physically active is a challenge, but I believe with the right support and motivation it can be possible. I enjoy helping others achieve their goals and supporting their journey for a healthy lifestyle.

