



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Personal Trainer

**GLENWOOD PARK YMCA**

**DESIREE**

**Certified Personal Trainer,  
Nutrition/Fitness Coach,  
Strength & Conditioning  
Specialist**

**International Sports  
Science Association (ISSA)**



My personal interest for health and fitness quickly developed into a passion. Since then, I have been dedicated to understanding the most effective and efficient way to increase muscle mass and decrease body fat, through training and nutrition. I'm here to help you with your fitness journey and have some fun along the way!