



Courtney Watson

NETA-CPT

EDUCATION:

Bachelor of Science in Communications; Bachelor of Science in Political Science from St. Joseph's College

CERTIFICATIONS:

NETA Certified Personal Trainer; YMCA Certified Group Fitness Instructor; YMCA Certified Trainer; YMCA Certified Cycling Instructor; CPR/AED Certified

AREA OF SPECIALTY:

Weight Training, Cardiovascular Training, Functional Fitness Training, Sport Specific Training, Balance and Flexibility Training, Strength Endurance, Weight Management, Nutrition Guidance and creating challenging, motivating and fun workouts to meet clients goals.

EXPERIENCE:

Courtney has been in the fitness industry since 1986. She has been a lifeguard, swim instructor, water exercise instructor, gymnastics instructor, cheer coach, dance coach, group fitness instructor and personal trainer. She has been on staff at the Danville Family YMCA since 2000. She is currently the Health and Wellness Director of the YMCA and teaches HIIT and Sculpt fitness classes.

TRAINING STYLE/PHILOSOPHY:

Providing adaptive workout plans to meet the goals of the client and help them reach their full physical potential to enjoy life in a more fulfilling way.

MY PASSION FOR FITNESS COMES FROM:

Fitness has been part of my whole life due to my mother. She encouraged me to be active, ALWAYS. She was a kind and generous woman. I lost her to Diabetes when she was only 56 years old. I want to inspire others to be active, be healthy and be able to live a life without restriction.

MY FAVORITE EXERCISE/TRAINING TOOL:

Squats—of course! Weights, treadmill, bikes, outdoors, pool—you name it, I love. Variety is the spice of life.

CONTACT ME:

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