PATCHOGUE FAMILY YMCA

PERSONAL TRAINING

PERSONAL TRAINER

STEPHEN RUECK



ABOUT

I am a strong believer that working out can be a catalyst for your mental and physical health!

The reason I wanted to become a personal trainer in the first place is because I find so much joy in helping others achieve their goals. I am passionate about exercise and continuing to learn and spread knowledge of human anatomy and physiology. I have a personal athletic background with an emphasis on strength and cardio training, but my clients range from all ages and have many different goals. Whether it's losing that stubborn belly fat or building some muscle to tone up, I look forward to working with you!

EDUCATION & PROFESSIONAL CERTIFICATIONS:

- NASM Certified Personal Trainer
- Lifeguarding with CPR/AED for Professional Rescuers and First Aid and Administering Emergency Oxygen
- Training Specialties: Weight Loss, Hypertrophy, Strength Training

Patchogue Family YMCA
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