PATCHOGUE FAMILY YMCA
PERSONAL TRAINING

PERSONAL TRAINER

CHERYL JACOBSON



ABOUT

I am committed to helping our members look, feel and be their best. As a specialist in senior fitness, I will design safe and effective programs that improve your mobility, balance, flexibility, and overall strength while showing you how to use the equipment and free weights safely, with proper form and technique. At the same time, also training younger members interested in speed, agility, and athletic performance. As a certified Health and Wellness coach, together we define your goals and plans with an effective path toward achieving them and systematically showing you how to overcome the obstacles that were previously in your way.

MY MISSION is to create a life that is balanced through strength, independence and well-being.

EDUCATION & PROFESSIONAL CERTIFICATIONS:

- Master Trainer
- Nutrition Certified Coach

Patchogue Family YMCA
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