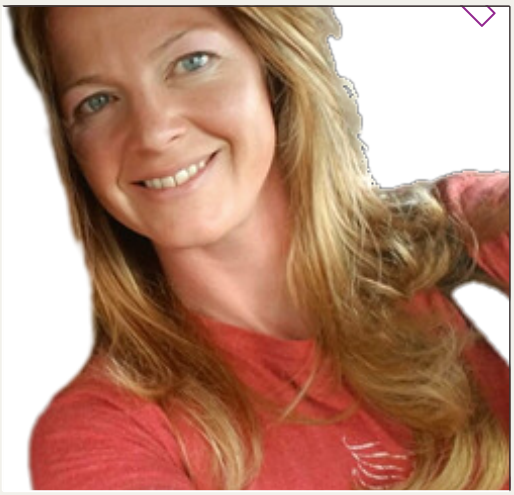
PATCHOGUE FAMILY YMCA
PERSONAL TRAINING

PERSONAL TRAINER

KATIE MUCHA



ABOUT

My Philosophy:
Fitness should be a part of your everyday life. When you stop moving and become inactive, your whole body starts to slow down. Once you see what your body is capable of and you can feel the benefits fitness has to offer, it's hard not to keep pushing forward and bettering yourself through every stage of life.

Why is fitness important? Physical activity helps improve strength, balance, coordination, and mood, not just while we are at the gym, but in our daily lives where it matters most. It's all connected: mind, body, and spirit. Our strength and health are important, and fitness is something we should all enjoy.

My Goal:
I aim to create a positive, fun, and challenging experience for clients, while keeping in mind correct form, proper technique, and injury prevention. Using the best of my knowledge and experience, we'll find what training works best for your body to help you achieve your goal. You are stronger than you think!

EDUCATION & PROFESSIONAL CERTIFICATIONS:

- Education & Professional Certifications
- Certified Personal Trainer
- Academy of Applied Personal Training Education (AAPTE)
- B.B.A, Pace University
- AFAA Group Exercise Instructor Certified
- Schwinn Cycling & FiTour Indoor Cycling Certified
- MetaFit Bodyweight HIIT Training
- Precor Superfunctional Move Coaching
- YMCA's Diabetes Prevention
- YMCA's Weight Loss Lifestyle Coach
- American Heart Association CPR & AED
- Red Cross First Aid & Oxygen

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