PATCHOGUE FAMILY YMCA
PERSONAL TRAINING

PERSONAL TRAINER

EMILY LOHMER



ABOUT

I am passionate about helping others as they strive to continue their healthy lifestyles or as they strive to begin living healthier lifestyles. I LOVE teaching group exercise classes and the energy that can be felt among participants. Equally, I LOVE working with individuals and witnessing the benefits that result from continuous hard work and dedication.

EDUCATION & PROFESSIONAL CERTIFICATIONS:

- Bachelor's Degree from Texas Woman's University & Masters Degree from Mississippi State University
- Certified Personal Trainer through The Academy of Applied Personal Training (AAPTE), a Nationally Accredited Personal Training Program
- Certifications from Mad Dogg: Spinning, Schwinn Cycling, Tabata Boot Camp, and others
- LiveStrong Coach

Patchogue Family YMCA
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