

## Brittany Sykes

Email for appointment with  
"Personal Training Inquiry"  
as the subject for the email  
[bsykes9801@gmail.com](mailto:bsykes9801@gmail.com)



### **Qualifications:**

- Bachelor's of Exercise and Sport Science with a Minor in Coaching Education
- NFHS Certified in Sports Nutrition and Fundamentals of Coaching

### **Specialties:**

- General Strength & Weight Training
- Youth Sports Development

### **A Personal Trainer**

is a fitness professional dedicated to helping others achieve their fitness goals and design personalized workouts .

- All sessions are purchased at the YMCA front desk.
- Sessions will be scheduled during mutually agreeable times.
- 24 hour cancellation prior to session is required.
- Fitness assessments and health history interviews are complimentary.

## Personal Training

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### **Personal Training is for those who:**

- Are seeking extra help getting started on a fitness program and staying motivated to reach fitness goals
- Want to learn advanced training techniques or get more out of their exercise program
- Have special needs including those with injuries or specific limitations
- Want to see Improvements in strength, flexibility, cardiovascular endurance, muscle definition, body composition, agility, and balance

### **One hour individual session: \$30**

All sessions are purchased at the  
YMCA front desk.



Randolph-Asheboro  
YMCA 336-625-1976