



# MEET THE TRAINER

**Holly James**

## Education | Certifications

- Yoga Fit - 200 RYT Yoga Teacher
- Yoga Fit - Kids Yoga & Senior Yoga
- FiTour - Primary & Advanced Personal Training
- FiTour - Aquatics Fitness

## Specialties

- Youth Fitness
- Private Yoga
- Body Weight Training
- Weight Loss
- Strength Training
- Prenatal



## Personal Bio | Training Philosophy

Over the years, I have been very passionate about yoga and fitness and love sharing that experience with my clients. I have always enjoyed working out and the feeling it gives me afterward. I think exercise is so important for the mind, body, and soul. I also believe in the 80/20 lifestyle, which means allowing yourself to splurge once in a while. It is important to me to help make a difference in how people view health and fitness and to show them that all of their goals are attainable. Anything is possible, and we can work together to make it happen.

## Training Quote

“The only bad workout is the one that didn’t happen.”

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### **Availability**

Monday – Friday

Open Availability