



# MEET THE TRAINER

## BROOKE YANIK

### Education | Certifications

- FiTour Personal Training Certification
- FiTour Group Exercise Certification
- American Red Cross CPR Certified

### Specialties

- Strength Training
- Cardiovascular
- Macro Nutrition



### Personal Bio | Training Philosophy

I have been a fitness instructor and personal trainer at the Ashland YMCA since 2015. I am a mother of two, who believes in the power of balance, perseverance, and mental wellness. I approach fitness with a specific focus given to cardiovascular and strength training. I strive to provide clients with a positive and satisfying experience that inspires and reassures their personal ability to fulfill and achieve health goals and everything faced on a daily basis.

### Training Quote

“There is beauty in the struggle. Not everyday is going to be perfect, but the worst thing you can do is give up.”

**Telephone number: (606) 571-5595**

**Email address: [bdickerson0327@gmail.com](mailto:bdickerson0327@gmail.com)**

#### **Availability**

**Monday – Friday**

**5:30 am -Noon**