



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Dawn
Liddicoat**
Health and Wellness
Director



PHILOSOPHY

To help others be the best version of themselves through nutrition and fitness education, encouragement and a plan.



EDUCATION/CERTIFICATIONS

- ACE Certified Personal Trainer
- YMCA Group Exercise
- Les Mills BODYPUMP, BODYFLOW, CXWORX
- TRX Suspension Training
- Youth Strength & Conditioning
- Bootcamp and Barre Above



SPECIALTIES

- Weight Loss
- Strength Training
- Sport Specific Training



DEMOGRAPHIC

Beginner to intermediate men, women and kids.



A LITTLE ABOUT ME

I enjoy walking, biking and teaching fitness classes, watching sports and spending time with my family and friends.

**Contact Dawn at 920-262-8555
at the SCHULTZ FAMILY YMCA to
set up your training session!**