



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Julie
Visnieski**
Personal Trainer
ACE



PHILOSOPHY

Small steps and consistency lead to big changes. Exercise doesn't have to be overwhelming. I believe in starting small with basic strategies to build a foundation of fitness and expanding bigger goals from there.



EDUCATION/CERTIFICATIONS

- ACE Certified Personal Trainer
- YMCA Certified Group Exercise Instructor
- Les Mills Certified



SPECIALTIES

- Running
- Strength Training



DEMOGRAPHIC

Beginners, and those who are restarting their fitness journey.



A LITTLE ABOUT ME

I began my own fitness journey as a stay at home mom. I developed a love for running and strength exercise, which developed into a passion for leading group exercise classes and sharing the feeling of a successful workout with others.

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