



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Sarah
Stokely**
Personal Trainer
NASM



PHILOSOPHY

Invest in yourself



EDUCATION/CERTIFICATIONS

- NASM Certified Personal Trainer
- NASM Nutrition Coach



SPECIALTIES

- Powerlifting (USAPL/IPF and UPA)
- General fitness
- Weight loss
- Muscle gain



DEMOGRAPHIC

Everyone, focus on women and youth



LITTLE ABOUT ME

I am a competitive powerlifter, I enjoy outdoor activities, video games, hanging out with my dog and cats. Working at the Y is my fun job!

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