



Fitness
Center



IAN YATES

Sports Performance
Personal Trainer

FAVORITE WAY TO MOVE/EXERCISE

Weights and running

FUN FACT

I've had the same shoe size since
7th grade

WHAT DO YOU ENJOY THE MOST ABOUT BEING A PERSONAL TRAINER:

Helping clients become pain free.

Credentials:

NASM - CPT

First Aid, CPR, AED Certified

