



# 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

