



# POWER

PERSONAL TRAINING AT THE Y

**JUANITA  
MONARREZ**

"Pain is temporary,  
Pride is forever."



# JUANITA MONARREZ

## PERSONAL TRAINER

- Personal Trainer certified through the National Academy of Sport Medicine
- A favorite quote that motivates me through tough workouts is, "pain is temporary, pride is forever." This reminds me that pain is fleeting, and enduring it leads to not only physical but also mental strength, resulting in a profound sense of self-pride.
- My hope for my clients is that through our training sessions they establish a sweet spot where they can find happiness in moving their body for a lifetime journey.
- My kids are my main motivation. I want to stay mobile and agile enough to play with my future grandchildren as much as I am able to with my kids now and remain self-sufficient for as long as possible.
- Outside of work, I enjoy any kind of fun outdoor activity, including bicycling, volleyball, soccer, and coaching. I am a proud mom of two boys and dog mom of two little ladies. Outside of that I enjoy my time cooking, making holistic concoctions, and watching movies too.

