



# POWER

PERSONAL TRAINING AT THE Y

## CORTNEE MCREYNOLDS

Life is not happening to you, it's happening for you.



# CORTNEE MCREYNOLDS

## PERSONAL TRAINER

- Personal Trainer certified through the National Academy of Sport Medicine
- My fitness philosophy is find what works for you and just keep moving! Consistency is key – live in the uncomfortable and that's where you will grow!
- My hope for my clients is that through our training sessions they establish the confidence and knowledge they need to stay fit and healthy lifelong.
- I get my motivation from my own journey – the difference I feel actively taking care of your body versus not. Wanting to be healthy and strong for my family keeps me going!
- If I'm not at the Y you can find me at one of my kiddos sports games! I'm a mom of 4 boys and sports is life at our house! My hobbies however are cooking, going to a Bucks game, gardening, or just enjoying some sunshine!

