



Hannah Beiting

About Me

I'm currently in my last undergraduate year at Xavier University studying Exercise Science with a Pre-Athletic Training specification.

I grew up playing volleyball and found my love for physical activity. I now enjoy long runs and walks outdoors, bike rides, playing pickleball, and trying new activities.

Certifications

- **NASM Personal Trainer**

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"Success is not something you wait for, it is something to work for."



Central Parkway YMCA
1105 Elm Street
Cincinnati, Oh 45202
513 - 362 - 9622

My Y Story

I grew up attending the Blue Ash YMCA on the gymnastics team. I was constantly a part of the YMCA through swimming, sports, and other recreational activities.

Biggest Result with a Client

- Become more comfortable and confident in the weight room
- Growth based on specific goals to help them become a more happy and healthy individual

How would I define my training style?

-Versatile and functional! I enjoy making a program that fits that individual's specific needs, while also making it fun and engaging.

Favorite Workout

- Strength Training and Running