



Haley Foreman

About Me

I currently attend Xavier University and I am studying Exercise Science and Psychology. I love to try new things in the Cincinnati area, cook, play pickleball, take walks outside, exercise, and lead my female student wellness organization also known as SWEAT.

Certifications

- American Council of Exercise (ACE)
- - Personal Trainer
- - Group Exercise Instructor

Specialization

- H.I.I.T. (High Intensity Interval Training)
- Muscle strength and endurance
- Mobility and increasing range of motion
- Gym confidence

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"Set goals, not expectations and learn from the outcome, don't let anyone stop you from being you."



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

My Y Story

I have been a part of the Y family for over two years now. I first started as a Summer Day Camp Counselor at the Springfield Family YMCA then I became a Group Exercise Instructor here at the Central Parkway YMCA in October of 2022. I am grateful for all of the opportunities Cincinnati has to offer, as well as how I have been able to meet and work with so many new people!

Biggest Result with a Client

- Gain confidence in the gym
- Learn how to exercise comfortably and properly
- Increase muscle strength

How would I define my training style?

Purposeful and fun. I love to make an effective training program that will get the client moving and help them feel confident with new and old exercises.

Favorite Workout

H.I.I.T, strength training, walks, and dance workouts.