

the

YMCA



Josh Edwards

About Me

After 25 years in the Financial Services industry, I decided to pursue my lifelong passion for fitness and transitioned to a career as a personal trainer. Outside of the gym I enjoy spending time with my wife and two sons. We are really into traveling, NBA basketball, and escape rooms.

Certifications

- NASM Certified Personal Trainer

Specializations

- Weightlifting
- Circuit Training
- Bodybuilding

My Y Story

I started personal training in a small town about 25 miles away but was looking for a broader audience closer to home. The R.C. Durr YMCA is only a few minutes from my house and my sons have played league basketball at the Y several times and we have always enjoyed the people and atmosphere here so it was a perfect fit for me.

Biggest Result with a Client

Helping older clients regain increased mobility and ability to do more.

How would I define my training style?

Very tailored approach with efficiency and effectiveness top of mind trying to use exercises that give the biggest bang for the buck.

Favorite Workout

Full-body and core training

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"Some people want it to happen, some wish it to happen, others make it happen." – Michael Jordan



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