



## Nick Heiss

### About Me

I am long time resident of the Campbell County (grew up in Alexandria) have a beautiful wife and three amazing children. Physical fitness has been a big part of my life from t-ball and soccer at the age of 4, to All -State Soccer through my high school years to maintaining a weight training regimen into my forties.

### Certifications

- Athletics and Fitness Association (AFAA)
- Personal Fitness Trainer Certification
- Group Cycling Instructor
- Certified Kettlebell Instructor
- LIVESTRONG at the YMCA Instructor
- TRX Trainer
- YMCA Group Exercise Instructor

### Specializations

- Creating exercise programs that instill correct body mechanics, technique, and form. It is vital for new exercisers to establish a solid foundation to build upon.

# Nick Heiss

**"Be proactive with your health and well-being, exercising daily!" - Nick Heiss**

**"My command is this: Love each other as I have loved you." -John 15:12**



**Campbell County YMCA**  
1437 S. Ft. Thomas Avenue  
Fort Thomas, Kentucky  
859 - 781 - 1814

## My Y Story

I graduated from NKU with a major in Exercise Science and Fitness. During my senior year, I fulfilled my internship requirements at the Campbell County YMCA. Fast forward 18 years, and I'm still here at the Y! This place has truly wrapped it's arms around me and never let go!

## Biggest Result with a Client

After months of dedicating herself to our strength training sessions, a client drastically decreased her DEXA (Bone Density) scan results.

## How would I define my training style?

I meet the needs of the clients! I make workouts fun and challenging.

## Favorite Workout

Any workouts that get those endorphins kickin!