



Parker Stansberry, MS, CPT, EXOS-XPS

About Me

I'm a Northern Kentucky native who turns exercise science into practical wins- whether that's lifting your grandkids without back pain, shaving minutes off a 5K, or simply waking up with more energy. With a Master of Science in Sports & Human Performance and a background in Psychology, I translate research into everyday results. I'm the Director of Fitness and Small Groups at the R.C. Durr YMCA.

Certifications

- EXOS Performance Specialist
- NFPT Certified Personal Trainer
- NFPT Master Fitness Trainer
- NFPT Endurance, Resistance-Training & Fitness-Nutrition Specialist
- Reflexive Performance Reset - Level 2

Specializations

- Human-performance optimization
- Strength & Power Development
- Functional Fitness
- Injury-smart movement
- Metabolic Conditioning
- Mindset Coaching

Parker Stansberry

"My whole life has led me to this moment, and this moment will lead me to the rest of my life."



R.C. Durr YMCA
5874 Veterans Way
Burlington KY 41005
859-534-5700

My Y Story

The Y is a place where everyone can achieve their goals, and that is why I chose to work here.

Biggest Result with a Client

Trained 3 U18 Olympic Athletes who went on to be highly successful collegiate/professional.

How would I define my training style?

Science-guided plans, clear metrics, supportive coaching. We build strength, mobility, and stamina in balanced doses so progress sticks.

Favorite Workout

Obstacle Course Racing and/or Functional Performance Training