



Ryan Maloney

About Me

I was an exercise science student at the Great Oaks career campus, I'm currently attending Miami University Middletown, where I'm studying to be a physical therapist. I also have the pleasure of playing college baseball.

I earned my personal training certification at 17 years old. I have interned at a couple of different gyms and PT businesses. I am now here at the Blue Ash YMCA looking to work with people of all ages, including athletes, older adults and anyone recovering from an injury. So if you or your young athlete are interested in getting stronger and better please feel free to speak to me.

Certifications

- NASM Personal Trainer Certification

Specializations

- Athletic Training
- Strength Training
- Recovery and Basic Work

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"Discipline is the bridge between goals and accomplishments."



My Y Story

My Y story began with the opportunity to work here as a personal trainer. I quickly settled in. The members have made my transition from college to trainer very smooth, I hope to grow within the YMCA, while I continue my education.

Biggest Result with a Clients

My biggest result with clients is functional movement growth. My clients move better and more efficiently.

How would I define my training style?

I incorporate HIIT style training, rotating sets, and a mixture of back to back workouts.

Favorite Workout

Squats, especially front squats!