



Sherri Fisch

About Me

I'm a personal trainer and lifeguard. I've worked at the Miami Athletic Club and Health Quest Chiropractic as a personal trainer and physical therapist assistant. My goal as a trainer is to assist members in clarifying their goals so that actions and consistency create noticeable change!

Certifications

- American Council on Exercise (ACE)
 - Personal Trainer
- YMCA Lifeguard

Specializations

- Strength Training
- Core and Flexibility
- Paddle-boarding

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"Do what you can, with what you have, where you are."

-Theodore Roosevelt



Campbell County YMCA
1437 S. Ft. Thomas Avenue
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My Y Story

As a newcomer to the YMCA I appreciate its adherence to the core values of Caring, Honesty, Respect and Responsibility. My chain of command models a healthy lifestyle and relaxed attitude while maintaining professionalism with ALL our members. I love the Y's positive, uplifting, friendly and community oriented. I've always said, "I want a job that doesn't feel like work."

Biggest Result with a Client

Improved body awareness, strength, and posture

How would I define my training style?

Focus on form, correct execution, and breathing

Favorite Workout

The weight room and Yoga!