

# COLLEEN PIPPINS

## QUALIFICATIONS & CERTIFICATIONS

National Academy of Sports & Medicine (NASM)

Certified Personal Trainer

CPR/AED Certified – American Safety Training Institute

(Adult, Children & Infants)

## SPECIALIZATION

I specialize in weight training. I love to design programs that are unique to your needs and wants. Whether that be to lose weight, gain muscle, or be more in shape for everyday activities. I can design a program that is sustainable, realistic, and will help you reach your goals no matter what your season of life may look like!

## TRAINING PHILOSOPHY

Figuring out your “why” will help drive you even on the days you don’t feel like it.

You work out in your 20s and 30s for your 40s and 50s, and you work out in your 40s and 50s for your 60s and 70s.

My “why” has changed over the years, but remembering that has continued to be the driving force behind mine.

It’s why I get up, show up, and work hard even when I don’t feel like it.

Dedication over motivation is what will get you to your goals every time. I would love to help you figure out your “why”!

## INTERESTS & HOBBIES

I’ve been married to my best friend for 12 years and we have four children! Most of my days are spent at the ballfield watching them do what they love. I also enjoy spending time with family and friends!

Contact the Edwardsville YMCA to inquire about appointment availability!

