

AMANDA COUCH

QUALIFICATIONS & CERTIFICATIONS

American Council On Exercise (ACE) Certified
Personal Trainer Since 2006
Exercise Science & Sport Management Master's Degree (SIUE)
ACE Nutrition Certification

SPECIALIZATION

Over the years I've had the opportunity to work with clients of all ages and fitness goals. I also have group fitness experience teaching many different formats. I currently teach SPINNING[®], but previously taught ZUMBA[®], Yoga, Bosu Step, Bootcamp, SilverSneakers and Women's Weight Training. I recognize the value nutrition plays in reaching your fitness goals and overall health. I especially enjoy helping women build confidence in strength training.

TRAINING PHILOSOPHY

I like to help my clients work towards achieving their goals by creating attainable building blocks along the way, as well as recognize how to create long lasting habits with health and fitness. Whether you have never stepped foot in the gym or if you have been here for a while and just feel stuck, I'd be happy to help you find energy and confidence in your fitness journey.

INTERESTS & HOBBIES

Relying on personal experience, I enjoy strength training, participating in triathlons (sprint to Olympic distances), cycling, swimming and I am a US Army Veteran, serving time both in the National Guard and on active duty.

**Contact the Edwardsville YMCA to
inquire about appointment availability!**

