

Meet Our YMCA Trainers



Tony Marchand
ACE Certified Personal Trainer

Trainer's Philosophy: Safety is my number one priority. Preventing injury is absolutely paramount for staying consistent when trying to reach your goals. When it comes to personal health I believe certain things fit together like a puzzle: Training, Nutrition, Rest, Recovery, Consistency, and Enjoyment.



Michelle Garland
NASM Certified Personal Trainer

Trainer's Philosophy: If you really put your mind to it and never give up, you can achieve anything in your life.



Jenny Hilsmeier
ISSA Certified Personal Trainer

Trainer's Philosophy: Everyone is unique. That's why I believe everyone's training should be different and individualized according to their goals and lifestyle. I also believe that consistency and mental strength are necessary when wanting to achieve a goal. Where the mind goes, the body will follow!