



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEIGH TO CHANGE

## Fall 2016 Coach

### MEET ISABEL DEVINCENTIS

- **AFFA Certified Personal Trainer**
- **TRX Suspension Trainer Certified**
- **15 years of experience training clients of all abilities ranging from ages 10 through 88.**

"As a busy single mother, I was drawn to the Hockomock Area YMCA for its family-friendly environment and community feel. My career here started in the child watch program. During my time at the Y, I discovered a passion for helping others and for fitness! The Y gave me an avenue to explore this path. With the Y's help, I earned my Y certification, which led to my national AFFA certification. For 15 years I have been training clients of all physical abilities ranging from age 10 through 88 years!

My passion lies in helping people discover the many benefits of strength training. I feel my numerous years in the fitness industry and devotion to people both mentally and physically sets me apart. My driving principle is that anyone can improve their fitness level no matter what their physical circumstances may be.

I believe that workouts that are functional and compliment your lifestyle will make your daily life more enjoyable and will improve your quality of life."

- Isabel DeVincentis



**"FITNESS IS NOT ABOUT BEING BETTER THAN OTHERS,  
IT'S ABOUT BEING BETTER THAN YOU USED TO BE"**