



WEIGH TO CHANGE

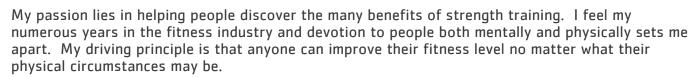
Fall 2016 Coach

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!



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"