

Personal Trainers: YWCA Greater Newburyport

Dianne Brennan

BS in Physical Education, Salem State University
Certifications: BTS: Group Strength/Group Step, American Red Cross: CPR/AED/First Aid
Certifications: Certified personal trainer, NCCPT, 30+ years in the exercise profession
diannebrennan@verizon.net

Ilene Harnch-Grady

Health & Wellness Director, YWCA Greater Newburyport 2008-Present
Certifications: Group Exercise Instructor: A.F.A.A.
Boston Barre: Level 1 instructor, Stott Pilates, N.E.T.A. Level 1: Yoga,
Spin: A.F.A.A. & Mad Dog, Zumba Gold, YTT 200 Hour Yoga Training (completed 6/17)
BTS: Group Power & Group Strength: Les Mills: Body Pump/Body Step, Water Fitness Association of America,
Arthritis Foundation of America: Master Trainer: AFAP/LFAP, American Red Cross: CPR/AED/First Aid
Personal Training Certification: National Council on Strength & Fitness, A.F.A.A.
35+ years in the group exercise and personal training
igrady@ywcaneburyport.org

Ginny King

Registered, Licensed Dietitian/Nutritionist
Certifications: Group Exercise: A.F.A.A. A.F.A.A.: Pilates, Yoga, Spinning, Zumba Instructor
American Heart Association: CPR/AED/First Aid, Personal Training Certification: A.F.A.A.
ginny.r.king@gmail.com

Paula Pressler

Certifications: Group Exercise & Personal Training: A.F.A.A., N.E.T.A: Level 1, Yoga, American Heart Association: CPR/AED/First Aid, 30+ years in group fitness industry with multiple "Senior Fitness" certifications. Paula's focus is on a therapeutic stretch fusion (Yoga/Pilates/Stretch), working with seniors, overall strength and functionality and making each session fun, safe, varied and challenging.
paulaip66@gmail.com

Heather Thomson

Certifications: FAFS – Fellow of Applied Functional Science, NASM-CPT – National Academy of Sports Medicine – Certified Personal Trainer, NASM-PES – National Academy of Sports Medicine – Performance Enhancement Specialist, AFFA – Primary Group Exercise Instructor, AFAA – Kickboxing Instructor, Keiser – M3 Cycling, SCW - Aquatic Exercise Certification, American Red Cross – CPR/AED certified.
11 years experience as a certified fitness professional
heatherene@hotmail.com

Michelle Wheeler

Certifications: American Safety and Health Institute: CPR/AED, Spin: MADD Dog, Personal Training
Certifications: The American Council on Exercise,
Previous Fitness Experiences: 15 Years United States Figure Skating Association, USFSA Division II NCAA Women's Swim Team, College Club Women's Lacrosse Team, Youth Lacrosse Coach 6 years, Westchester/Rockland Women's Lacrosse Umpiring Association (WWLUA) 3 years
mpremowheeler@gmail.com

**Please contact Ilene Harnch-Grady @ (978) 465-9922 Ext. #13
for more information.**