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.  
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  
grady@ywcanewburyport.org

**Ginny King**  
Registered, Licensed Dietitian/Nutritionist  
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**  
11 years experience as a certified fitness professional  
heathereene@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  
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Please contact Ilene Harnch-Grady @ (978) 465-9922 Ext. #13 for more information.