



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOUG O'LOUGHLIN

PERSONAL TRAINER
FOND DU LAC FAMILY YMCA

EDUCATION: B.S., Exercise and Fitness Management

CERTIFICATIONS: ACE Certified Personal Trainer

FOCUS: Accountability, strength training, weight loss, core strength, sports conditioning, triathlon training, over all general health

PERSONAL BIO: I'm ready to help anyone who is in need of training, no matter what ability level. I have the experience and the right attitude. Take the first step today and contact me to set up your initial assessment and let's get you moving in the right direction. No matter what your goal may be, I will be there for you every step of the way to help assist you until you reach your goals.

