



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRITTNEY ZIEGELBAUER

PERSONAL TRAINER
FOND DU LAC FAMILY YMCA

CERTIFICATIONS:

ACE Certified Personal Trainer, Youth Fitness Specialist,
Fitness Nutrition Specialist

FOCUS: Weight loss, muscle gain, toning, and strength training. I can assist individuals in meeting their needs by developing a fitness plan based on their strengths and weaknesses. Also experienced in creating inclusive yoga classes and designing sports conditioning workouts for group fitness.

PERSONAL BIO: I am a wife and mom of three beautiful, active children. I enjoy running and I have completed several half marathons, two full marathons, a 25k trail run, and I completed Race the Lake with a Relay Partner. I have been fortunate to have met and worked with other personal trainers and fitness enthusiasts that have led me to this path, to help others achieve their fitness goals. I am very passionate about helping others feel good about themselves. I love helping people see and experience what their bodies are capable of with hard work. I look forward to helping you reach your goals.

