



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Alicia O'Donel



Education and Certifications:

ACSM Certified Exercise Physiologist

Wellness/Fitness Philosophy:

My goal as a personal trainer is to combine a healthy mind and body to yield a better overall quality of life with able, energetic, and strong figures. After personal experience with poor diet and overtraining, I now focus in on what is necessary for each individual's body to function optimally, taking into account good recovery, good nutrition, and a lot of hard work.

Specialty:

I take pride in pushing others to be the absolute best they can be and to achieve individualized goals that were never thought possible.

Working with various sports and age ranges has provided me with perspective to work with those who are looking to train for a specific event or goal and those who are simply trying to become more active in their day to day routine. I look forward to the opportunity to work with you and help you attain new heights with fitness!

LANCASTER FAMILY YMCA

City Center Branch
265 Harrisburg Avenue
Lancaster, PA 17603
Phone: 717-393-9622
283-1984
2633lancafterymca.org

Lampeter-Strasburg Branch
800 Village Road
Lancaster, PA 17602
Phone: 717-464-4000
Fax: 717-283-1988
lancafterymca.org

YMCA at New Holland
123 North Shirk Road
New Holland, PA 17557
Phone: 717-354-4747
Fax: 717-355-9943
lancafterymca.org

YMCA Camp Shand
20 Penryn Lane, PO Box 339
Cornwall, PA 17016
Phone: 717-272-8001 Fax: 717-
Fax: 717-272-
lancafterymca.org