



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Bob Lee



Education and Certifications:

Certified Personal Trainer – AAAI and ISMA
Y USA Healthy Lifestyle and Group Exercise Instructor Certification
Silver & Fit Certified

Wellness/Fitness Philosophy:

I have a no frills approach to designing functional activities and programs that help you to move more effectively, become stronger, leaner and most importantly to stay injury free. It's my intention to make the road you are on radically better for as long as you are on it.

Specialty:

While I work with people of all ages, fitness levels and goals, I focus on folks around 50 and older. As someone in their 60's I truly understand how challenging it can be to stay fit after fifty. It is hard work but also it can be great fun! Over the last four decades, I have enjoyed helping hundreds of people become fit and stay healthy, which has allowed them to enjoy many more of life's opportunities.

LANCASTER FAMILY YMCA

City Center Branch

265 Harrisburg Avenue, Lancaster, PA 17603
Phone: 717-393-9622 | Fax: 717-397-7815
www.lancasterymca.org

Lampeter-Strasburg Branch

800 Village Road, Lancaster, PA 17602
Phone: 717-464-4000 | Fax: 717-464-4666
www.lancasterymca.org