



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Jane Keeler



### **Education and Certifications:**

Y USA Healthy Lifestyle Certification  
CPR/AED/Heart Saver Certified - American Heart Association  
Silver & Fit Certification  
ISSA Personal Trainers Certification - International Sports Science  
Association

### **Wellness/Fitness Philosophy:**

Exercise and movement along with wise nutritional habits is the key in attending to the body, soul and mind staying physically fit.

### **Specialty:**

My goal is to make people feel comfortable and knowledgeable in the wellness center which is a big factor in keeping them actively involved with healthy lifestyle changes. Personally I have seen the advantages of weight training and being active since my total knee replacement. I enjoy working with youth through seniors since the LS Y opened in 2009. I have also coached field hockey for 16 years.

#### **LANCASTER FAMILY YMCA**

**City Center Branch**  
265 Harrisburg Avenue  
Lancaster, PA 17603  
Phone: 717-393-9622  
Fax: 717-397-7815

**Lampeter-Strasburg Branch**  
800 Village Road  
Lancaster, PA 17602  
Phone: 717-464-4000  
Fax: 717-464-4666

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

[www.lancasterymca.org](http://www.lancasterymca.org)