



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lori Wagner



Education and Certifications:

Certified Personal Trainer - AFI
Certified Group Fitness Instructor- AAI
Certified Silver & Fit Instructor
CPR/AED/First Aid Certified – American Red Cross

Wellness/Fitness Philosophy:

Consistency is the key!

Fitness is an essential component to a healthy lifestyle. You are never too young or too old to incorporate a regular exercise routine and a healthy diet into your daily life. Finding something you enjoy doing and which keeps you moving makes it easy to be consistent.

Specialty:

I have been instructing Group Fitness Classes for 30 years and have been teaching at the City Y for close to 10 years. Having taught a variety of classes- including Silver & Fit, Step, Cardio Mix and Bootcamp-for a variety of fitness levels, has strengthened my ability to provide safe and effective exercises while offering options to challenge all fitness levels. My mantra is...Just keep moving!

LANCASTER FAMILY YMCA

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

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

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

YMCA Camp Shand
20 Penryn Lane, PO Box 339
Cornwall, PA 17016
Phone: 717-272-8001
Fax: 717-272-2633
lancasterymca.org