



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Maria Waterfield



Education and Certifications:

NETA Certified Personal Trainer
Working toward B.S. in Sports Medicine

Wellness/Fitness Philosophy:

Taking care of our physical and mental health is important so that we can live life wholly and joyfully, and taking care of our bodies with exercise and good nutrition is an important element of that care. Wellness is about finding what feels good and listening to your body. With persistence, you can find what works for you to create an enjoyable and healthy lifestyle that you can maintain and continue to improve upon.

Specialty:

Exercise has been an important method of stress management in my life, and I can attest to its importance in all areas of health. I have found that a combination of cardio and strength training is the best way to improve performance and prevent injury. I have a background in distance running, but love trying new things and working with people to find the activities that they enjoy and that make them feel good about themselves!

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