



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Amy Schultz



Education and Certifications:

Certified Personal Trainer – ACE
LPN – Willow Street Vo Tech
Punk Rope Certified
Group X Certified Instructor

Wellness/Fitness Philosophy:

I spent 40 years of my life comparing myself to everyone around me. I don't want anyone wasting another second of their life comparing themselves to others. You can be fit at any age, at any shape, and at any size. The important thing is to be the healthiest you can be and to keep on moving, no matter your age!

Specialty:

My passion is for people to find ways to move that they love. You won't stick with a life style change unless you enjoy it. There are so many ways to move your body and stay fit. I love to explore what is the best fit for a person. It can be running, jumping rope, dancing, lifting weights... I want to help you find what makes you excited to come to the Y and help you stick with your goals and lifestyle changes! I played field hockey in college, after which I started running and never stopped; learned how much I love to spin in my early 30's, and took up jumping rope in my late 30's. Now in my 40's I'm discovering my love for TRX. It's never too late to find your "fit fun"!

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