



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Desi Mancarini



### Wellness/Fitness Philosophy:

I want to meet people where there are at, and help them take steps toward a healthier lifestyle and stronger self. My goal is to empower people with greater awareness of their bodies, functional movements, and strength training so they are operating at their best on a daily basis. I love helping people discover exercises they enjoy and look forward to, as well as their own strength.

#### **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