



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Terryl Rex



Wellness/Fitness Philosophy:

I like to empower people to achieve and surpass their fitness goals. What sets me apart is my genuine love for the people I am training. For me, YOUR success is my success. Not only am I a Certified Personal Trainer but I have a background in: Pilates, Yoga, Aquatics, Core and Functional Fitness, Stability Ball, Self Myofascial Release Foam Roller, Bosu ActivMotion Bar: Functional Balance for the Active Aging Adult, Enhancing Balance & Tai Chi Health: Tai Chi Fundamentals (TCF) Basic Movement Patterns Levels 1 & 2 Hydro Pilates Save Our Bones: Densercise Program Zumba Licensed: Zumba Basic 1 & 2, Zumba Gold, Zumba Toning, Zumba Gold Toning, Aqua Zumba, Zumba Kids/Kids Jr. While I feel my specialization is in Older Active Adults, Senior Citizens, Specialty Populations –I know I can help almost everybody! There is no “I can’t!” There is always a modification to ensure “I can!” For the word “impossible” itself says “I’M Possible.” Believe in yourself – I do!

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