

MEET OUR PERSONAL TRAINERS



Bethany Ratliff

Availability:

- Weekday Evenings after 5pm
- Weekends

TO BEGIN YOUR FITNESS JOURNEY WITH BETHANY, CONTACT:

Bethany Ratliff
1-941-524-5318
bethany.ratliff12@gmail.com

Certification

NCCPT Personal Trainer
NASM Senior Fitness Specialist
NASM Women's Fitness Specialist

About Me

Fitness and healthy living has always been a passion of mine. I have worked as a personal trainer for over 3 years inspiring and helping clients achieve their fitness goals. I believe fitness is a life-long commitment and needs to be one of our top priorities to have a well balanced life. Every client is unique with different needs and goals. I'm excited and waiting to work together with you to push through all of the barriers and get those results!

Interests & Hobbies

- Obstacle Course Training
- Hiking
- Traveling
- Spending time with my daughters

Specializations

- Interval/Circuit Training
- Fat Loss
- Weight Training
- Senior Fitness
- Nutrition Education



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JULIE REKSC

Specializations

- Fat Loss
- Muscle Definition
- Interval Training

Availability:

- Weekdays

Certification

AFAA Certified
Personal Trainer
Group Exercise Trainer
Licensed Zumba Instructor
Aqua Zumba Instructor

About Me

I joined the YMCA after the birth of my daughter, and was looking for a way to regain my confidence and have a little "me time". The instructors and members welcomed me with open arms and I've been hooked ever since! I went from being a class participant to becoming a Zumba and HIIT instructor, and then a personal trainer. I started with a goal to improve my health and now I'm in the best shape of my life! What I've learned through this journey is that you have to find what works best for you, work hard, be consistent, and have patience. Let me help you to achieve your fitness goals!

Interests & Hobbies

- Obstacle Course Racing
- Water Skiing
- Cooking
- My Kids!

**TO BEGIN YOUR FITNESS JOURNEY WITH
JULIE, CONTACT:**

Julie Reksc
914-714-8872
juliereksc@gmail.com



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KIM HALEY

Certification

ISSA Certified Personal Trainer
Certified Yoga Instructor

About Me

I am an US Army veteran served 16 years as LPN and Medic and still have my LPN license. I currently work for NYS DOL as a Veteran's Representative covering 3 counties and 4 offices. Yes, it's a lot but I love it! I live locally and am an avid runner, currently training for the Irongirl and was the only participant from Oneida last year.

Interests & Hobbies

- Running
- Yoga
- Triathlon Training

Specializations

- General toning
- Endurance training
- Weight loss
- Strengthening
- Cardio Training

TO BEGIN YOUR FITNESS JOURNEY WITH KIM, CONTACT:

Kim Haley
315-601-3675
Kimberly.haley40@yahoo.com

Availability:

- Evenings

