

MEET OUR PERSONAL TRAINERS



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



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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



MEET OUR PERSONAL TRAINERS



JENNIFER ROBINSON

Certification

ISSA Certified Personal Trainer

About Me

I am an army wife mother of two. My passion is fitness but I currently work as a Assistant Director of Vocational Services working with people with disabilities. I am an amateur natural bikini/figure bodybuilder. I have competed for OCB Organization of Competition Bodies. I enjoy Spending time with my family and spending time at the gym.

Interests & Hobbies

- Youth strength training
- Bodybuilding competitions
- Weight training

Specializations

- Strength & Conditioning
- Weight lifting
- Weight loss
- HIIT Cardio
- Bodybuilding

Availability:

- Weekends
- Evenings preferred but flexible based on member needs.

TO BEGIN YOUR FITNESS JOURNEY WITH JENNIFER, CONTACT:

Jennifer Robinson
315-286-7939
jmurphy320@gmail.com

