

# MEET DEBBIE AYERS

# Personal Trainer VENTURA YMCA



#### BIO

Debbie's journey into the world of fitness began in 2004 when she purchased a preschool age appropriate fitness business called Stretch-n-Grow, which was taught in preschools and daycare centers. This fun little venture was the stepping stone for Debbie's love and appreciation for the health and well-being of all ages. In 2005 she obtained her Group Fitness Certification and in 2008 her Personal Training Certification. Since then Debbie has enjoyed teaching a variety of classes including, Low Impact Aerobics, Silver Sneakers, Spin, Strength, Yoga and a fun dance based fitness class called GROOVE. In 2018, after obtaining a Spinning Certification, Debbie began teaching Studio Cycling classes at the Ventura YMCA. Her Cycling classes not only include the important fitness skills that a Cycling class offers, but she also chooses fun music to keep participants motivated, inspired, and smiling. During the covid shut down period Debbie took advantage of the time off to fulfill a long standing goal of becoming a certified Yoga teacher and upon the reopening of the YMCA, has enjoyed the opportunity to add a Yoga classes to her schedule. She also jumps at opportunities to substitute teach additional Yoqa, Cycling and Silver Sneakers classes when needed, and has been a tremendous help in aquatics filling in for our water classes during instructor absences. Most recently, Debbie has obtained her LIVESTRONG® certification and is teaching our current session of LIVESTRONG®.

#### **CERTIFICATIONS**

LIVESTRONG Certification
Yoga Certification
Spin Certification
Certified Personal Trainer
Certified Group/ Small Group Exercise

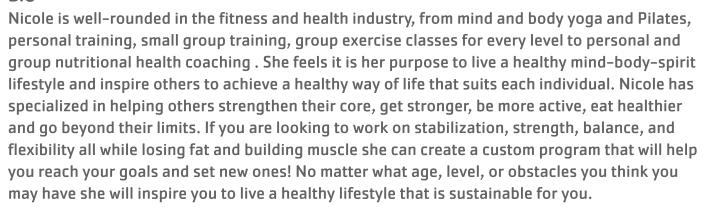




# MEET NICOLE BAILEY

# Personal Trainer VENTURA YMCA

BIO



#### **CERTIFICATIONS:**

Lifeguard CPR and First Aid Certified
Essential Injury Prevention Certification
Certified LIVESTRONG® Trainer
Schwinn Cycling Classic Certification
Institute for Integrative Nutrition Certified Integrative Nutrition Health Coach
Athletics and Fitness Association of America Certified Personal Trainer
Athletics and Fitness Association of America Certified Primary Group Exercise
Awakened Warrior RYS 200 HR Yoga
Awakened Warrior RYS 300 HR Yoga
Awakened Warrior Restorative Yoga
Yogaworks Pilates Mat
Yogaworks Applied Anatomy for Pilates



**SPECIALTY:** To help all ages and levels strengthen their core, get stronger, be more active, eat healthier and go beyond their limits and reach their fitness goals.



# MEET LAUREN POLO-ESKAOFF



# Personal Trainer VENTURA YMCA

### BIO

As a former gymnast, Lauren made movement and exercise a priority in her life. Then, as a mother she was able to fine-tune her compassion, empathy, and the art of creating a balanced lifestyle into her fitness training. Lauren's focus now is on improving one's quality of life through her "active aging" exercise programs. Her expertise aids her in creating an exercise program that will improve balance, strength, flexibility, as well as building confidence to positively impact all aspects of daily living.

### **CERTIFICATIONS**

National Academy of Sports Medicine (NASM) Personal Trainer
National Academy of Sports Medicine (NASM) Senior Fitness Specialist
Aerobics and Fitness Association of America (AFAA)
Silver Sneakers Instructor Certified
LIVESTRONG® Trainer/Coordinator.

## **SPECIALTY**

Longevity through an active lifestyle and tailoring fitness plans to reach personal goals





# MEET AMBER FLYNN

# Personal Trainer VENTURA YMCA

## BIO

Originally from San Diego, Amber is a swimmer turned triathlete after moving to Mammoth Lakes California and joining the high sierra Triathlon club. She taught snowboarding and skiing all levels and abilities where she learned her passion for teaching coaching and sharing her love for the outdoors. Amber loves all things outdoors and health which is a huge part of her life. She moved from the mountains to the beach 2020 and started an outdoor functional fitness small group meetup while covid kept people out of the gym. Amber mostly taught gentle yoga and strengthening class since starting at the YMCA 2023. She loves teaching small group classes and personal training.

#### **CERTIFICATIONS**

Certified Body Pump Instructor LesMills
Certified Personal Trainer Elite
Certified Indoor Cycling Instructor
Yoga Instructor verified ISSA & Yoga Alliance
All levels Group Fitness training instructor
Certified Running Coach
Certified Mat Pilates instructor
Certified Zumba instructor
Certified snowboarding and ski instructor
Studies mixed Martial arts
Teaches swim and coaches running and triathlon

### **SPECIALTY**

Class planning, networking, patience with beginners, caring, compassionate, diverse, and ethical, active listener, motivational, friendly approachable, determined, Loves working and coaching kids, flexible and accommodation



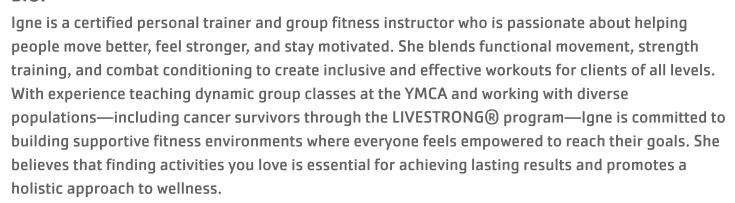




# MEET IGNE FLEDZINSKIENE

## Personal Trainer VENTURA YMCA

## BIO:



### **CERTIFICATIONS:**

NASM Certified Personal Trainer (National Academy of Sports Medicine)
Muay Thai Personal Trainer (Muay Thai School of USA)
Foundations of Group Exercise at the Y (by ACE) v2.0
Group Exercise at the Y



LIVESTRONG® at the YMCA – A Cancer Survivor Exercise Program Instructor

### **SPECIALTY:**

Igne specializes in helping individuals improve strength, endurance, balance, and confidence through movement—while emphasizing the importance of sports nutrition, sustainable weight loss, and building a healthy lifestyle that lasts..



# MEET TIMOTHY DURHAM

## Personal Trainer VENTURA YMCA



## BIO

Timothy is a certified personal trainer from the National Academy of Sports Medicine, first aid/CPR/AED. He has been an active person his whole life from playing basketball, track and field in high school to practicing calisthenics, HIIT training and other forms of exercise. Timothy believes that one of the important keys to having a successful workout is to have fun and enjoy the process before and after the results.

### **CERTIFICATIONS:**

Certifications: National Academy of Sports Medicine (NASM) Personal Trainer American Red Cross Adult/Pediatric First Aid/CPR/AED

**SPECIALTY:** Fun work outs with great results!

