



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 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 Yoga, 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



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# MEET NICOLE BAILEY

**Personal Trainer**  
**VENTURA YMCA**

## **BIO**

Nicole is well-rounded in the fitness and health industry, from mind and body yoga and Pilates, personal training, small group training, group exercise classes for every level to personal and group nutritional health coaching. She feels it is her purpose to live a healthy mind-body-spirit lifestyle and inspire others to achieve a healthy way of life that suits each individual. Nicole has specialized in helping others strengthen their core, get stronger, be more active, eat healthier and go beyond their limits. If you are looking to work on stabilization, strength, balance, and flexibility all while losing fat and building muscle she can create a custom program that will help you reach your goals and set new ones! No matter what age, level, or obstacles you think you may have she will inspire you to live a healthy lifestyle that is sustainable for you.

## **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.

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# 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





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# 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



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# MEET IGNE FLEDZINSKIENE

## Personal Trainer VENTURA YMCA

### BIO:

Igne is a certified personal trainer and group fitness instructor who is passionate about helping people move better, feel stronger, and stay motivated. She blends functional movement, strength training, and combat conditioning to create inclusive and effective workouts for clients of all levels. With experience teaching dynamic group classes at the YMCA and working with diverse populations—including cancer survivors through the LIVESTRONG® program—Igne is committed to building supportive fitness environments where everyone feels empowered to reach their goals. She believes that finding activities you love is essential for achieving lasting results and promotes a holistic approach to wellness.

### 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..





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# 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!

