



April Borsodi

Personal Trainer

NASM



PHILOSOPHY

I believe exercise and nutrition are key components to a healthy daily lifestyle journey. I'm passionate about wellness.

My goal is that every client benefits from personal training and nutrition coaching even after they are finished. I want to set people up for success for life, giving the tools needed for a functional daily lifestyle.

Personal training isn't a short-term investment; it's an investment with lifelong benefits.



EDUCATION/CERTIFICATIONS

- National Academy of Sports Medicine Personal Trainer
- National Academy of Sports Medicine Nutrition Coach
- Precision Nutrition L1 Coach



SPECIALTIES/DEMOGRAPHIC

- Men and Women
- Active Agers



ABOUT ME

I became a CPT / CNC because of my own health issues, that I didn't want to see become debilitating factors in my life. Movement and nutrition are a form of medicine.

I enjoy pursuing additional education for my profession, resistance training, hiking / walking, cooking and baking. I love my profession and the people I assist.

Come join me on an exciting wellness journey!

BOOK YOUR SESSION TODAY!

Visit ymcanrc.org or visit the Welcome Center