Hans is excited to offer his personal training services and help members here at the Los Altos YMCA set, achieve, and exceed their fitness goals. As your personal trainer, he will work with you to build muscular strength and endurance in accordance with your specific goals, increase overall flexibility, and build your confidence.

With a passion for healthy living, Hans has had a fascination with the human body from a young age culminating in a bachelor’s of science degree in Clinical Physiology from Central Washington University in 2015. In Washington, Hans taught diabetes prevention classes through a hospital to at-risk adults. These classes focused on inspiring self-motivation and maintaining discipline in diet and exercise routines to increase heart rate and decrease blood sugar levels. He also produced and implemented a fitness competition between the hospital’s community health education employees. After moving to Southern California, he began work at the Y and jumped at the opportunity to personal train.

With Hans, you will find someone who is always cheerful and loves to have some fun with life making training with him enjoyable and entertaining. Hans truly wants you to obtain the health benefits of regular exercise and would be honored and thrilled to train you.

In his free time, Hans enjoys training for half marathons, spending time with his family, training Brazilian Jiu-Jitsu, and watching comedies. He is currently seeking certification with the NSCA and is applying to podiatry school.