



THE NEXT LEVEL

Personal Training at the Y

Nicky White



Background

Nicky has been a distance runner for over 10 years, completing over 4 half marathons, 2 triathlons, and participates in the annual Seal Beach 10k. She enjoys competing and challenging herself with different sports and activities, including racquetball, paddle boarding, running, swimming, and hiking.

Workout

Nicky takes the time to specialize a fitness plan for each individual. She trains using an integrated approach, taking into consideration one's current physical condition, nutrition, and mindset. She will motivate you to strive to become your healthiest self and help you achieve your short and long term fitness goals. Nicky's ultimate goal is to help you develop into a healthier, happier you.

Certifications & Specializations

- California State University, Long Beach, Master of Science, Geological Sciences
- American Council on Exercise (ACE)

Philosophy

"Exercise, healthy nutrition and a positive mindset can establish confidence and improve all aspects of your life including relationships, work, and overall happiness."

Interested in Training with Nicky?
Lakewood Family YMCA
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