

ERNIE WREN

MEET THE TRAINER

Upon retirement last year, my wife and I bought a camper and embarked on an 18-day odyssey through the Badlands, Yellowstone, down the Pacific Coast, and the Rocky Mountains. We watched zero TV during this time, spending our days hiking and enjoying nature. I re-discovered my passion for the outdoors and fitness. After returning to Southern Boone, I took advantage of the many programs and fitness equipment options offered at the YMCA to further my health journey. In November of 2024 I developed sepsis and pneumonia following rotator cuff surgery. My doctor credited my prior increased focus on health and fitness in pulling me through this challenge. It was then I felt a desire to help older individuals seeking the same goals to live a full and healthy life.

EDUCATION

NPTA Personal Trainer
NPTA Senior Fitness Instructor
NPTA Longevity Wellness Instructor
NPTA Balance Therapy Certified
NTPA Self-Defense Instructor
NTPA Certified Health Coach
Red Cross First Aid CPR/AED
ATA 2nd Degree Black Belt Taekwondo

CONTACT

Jake Katnik
Health & Wellness Director
(573) 657-9622 ext. 303



IDEAL CLIENT

Clients 50 years of age and older who wish to gain fitness, health, flexibility, and make sure they can live their lives the way they want to.

TRAINING PHILOSOPHY

Senior fitness involves more than just strength and weight training. Aging presents people with a unique set of challenges that they have not experienced in their younger years, such as walking, getting up off a chair/floor, flexibility, and ease of movement in general. Life can be wonderful after 50 with the proper fitness lifestyle.

FAVORITE MUSIC

I like to listen to instrumentals of songs so I can focus on the beat and workout.

