

SARAH GARRETT



MEET THE TRAINER

My love for health & wellness began as a kid. I loved various sports growing up and enjoyed being active. After high school, I activated my first gym membership at the very first gym in Ashland. When a small group of Ashland residents mentioned starting a new Y in town, I knew I wanted to help. I have been involved with the SBYMCA since its inception, serving on the Advisory Board for 10 years in the roles of Secretary and President, and later pursued an ACE Personal Trainer Certification and Schwinn Indoor Cycling Instructor Certification. As someone who uses fitness to support my own physical and mental health, I chose this path because I find it fulfilling to help others in the same way and believe that I am called to guide people toward their health and fitness goals.

EDUCATION

BS in Business Administration
University of Missouri

ACE Personal Training Certified

CONTACT

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

IDEAL CLIENT

Someone who is motivated with clear goals.

TRAINING PHILOSOPHY

My training philosophy is simple: consistency. Consistency is the key to results. My approach combines strength training and cardio for a balanced and effective workout. Don't just train for special events; train for life.

PREFERRED CHEAT MEAL

French fries!

