



# JANET

*"I love I guide with an openness and flexibility so we can reach your goals!"*

## JANET MCCARTHY

### About Me

I came to Gastonia 3 years ago from Colorado. I am a retired RN. In Colorado My husband and I owned a Crossfit Gym while still working full time at our given professions. Health, leading a healthy lifestyle and nutrition, has always been important to me. For this reason, I am Obtaining my nutrition specialization through ISSA. When I retired from nursing, I was given the opportunity to teach Silver Sneakers here at Warlick. Since then, my career here at the Y has evolved! I have since gotten certified in many disciplines, and programs, and decided to expand to a Certified Personal Trainer this June. As a group exercise instructor I specialized in small group instruction, but was proficient in the larger group setting as well.

### Certifications

- Certified Personal Trainer ISSA
- ACE Group Exercise Instructor
- ACE Strength and Conditioning

### Specializations

- Functional Exercise
- Barre
- Silver Sneakers
- Moving for Better Balance Instructor
- ACE Strength and Conditioning.
- Enhanced Fitness
- Livestrong
- Barre Above
- Mat Pilates
- Les Mills Body Flow
- ACE Group Exercise

### Biggest Result with a Client

Improving Balance for a gentlemen with Parkinsons.

### How would I define my training style

I guide with an openness and flexibility so we can reach your goals!

### Favorite Workout

CrossFit workouts

## MY Y STORY

I love the great people and this great organization.