



RICH

I have been very fortunate to see firsthand how the Y impacts many people in the community. I love helping others and hope to one day leave a lasting impact.

RICH HAMILTON

About Me

My home facility is the Stowe Family YMCA. I have been on this incredible journey as a Fitness Coach to others for 5+ years now. My goal as a personal trainer is to help each person that I interact with to not only reach their goals, but surpass even their own expectations to be the best version of themselves. My motto is Relentless Individuals Choose Health. I look forward to partnering with you, as you begin the next chapter in your life, and we embark on your fitness journey, together.

Certifications

- American Council on Exercise Personal Trainer,
- Les Mills Group Exercise Instructor

Specializations

- Strength & Conditioning
- Weight Loss Transformation
- Group Exercise

Biggest Result with a Client

Significantly improved Strength & Conditioning

How would I define my training style

Reliable, Motivational, & focused on getting my clients results.

Favorite Workout

HIIT (High Intensity Interval Training)

MY Y STORY

The YMCA has always been a safe haven for me as a teenager. My father has been a part of the Y family for many years and through him I have met a lot of individuals that have helped me through