



DANIKA

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DANIKA REID

About Me

I begin my fitness journey with being involved in sports and fell in love with exercise physiology. I then continued to learn about the human body and exercise at Wingate University where I was awarded with my degree in Exercise Science. Improving one's fitness and wellness is an exciting journey whether the starting line is a beginner, intermediate or advanced. I love connecting my love and passion for fitness and wellness with people to help them reach their goals. I workout on a regular basis with strength training and my favorite cardio - running!

Certifications

- B.S. Exercise Science from Wingate University
- American Council on Exercise Personal Training Certified
- LesMills BodyPump Certified

Specializations

- Athletic Strength and Conditioning
- Functional Training
- Weight Control: lose, gain, maintaining
- Special Populations

Biggest Result with a Client

Helping a client find their fitness and wellness path that fit best for their lifestyle. That client grew to love a healthier lifestyle and exercise and their goals!

How would I define my training style

High Intensity Interval Training (HIIT)
Circuit Training
Functional Lifestyle Training
Strength Training
Endurance Cardiovascular Conditioning (healthy heart training)

Favorite Workout

Strength and Cardio Circuit Training

MY Y STORY

I have been a member of the YMCA since childhood and I have continued being involved for the provided amenities and the community experience. The YMCA has always provided a welcoming and motivating atmosphere for individuals to reach their optimal wellness. I am excited to be given the opportunity to work closely with the community members and staff.