

STEVE

I choose to be part of the Warlick Y because of its commitment to offering great services to our community, clean and modern facilities, and it's diverse and inclusive membership.

STEVE KAPLAN

About Me

I am a former national class athlete, having played Division 1 soccer at Ohio University, and was a sponsored endurance athlete concentrating on the sport of triathlon. I received my personal training certification from the National Academy of Sports Medicine in 2009, while working at the Dowd YMCA in Charlotte, NC. I worked at the South Gaston YMCA, as part of the fitness staff, and then was on the original team that opened our Warlick YMCA in December 2017.

My regular workouts include resistance training, cardio workouts, including mountain biking, light running, rowing, speed ropes, and long hikes with my wonderful Vizsla!

Certifications

- NASM CPT

Specializations

I specialize in offering functional fitness training which concentrates on improving my clients balance, mobility, stability and endurance strength.

How would I define my training style

I would describe my training style as challenging, while always being focused on the clients needs and improving their confidence.

Favorite Workout

My favorite workout is body part mini circuits. Focus on one body part at a time, picking 3-5 exercises—body weight, machine, cable, or free weights—to be done in a circuit with 30-60 seconds rest between each set. Complete 3-5 rounds. Pay attention to breathing and slow controlled movement.

MY Y STORY

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