

Leslie Bryant

I am a native to Jefferson City and a Jefferson City High School graduate. After graduating high school I moved to Florida and earned my degree from USF. I have been working in the health and fitness industry for 30 + years, earning numerous certifications along the way.

I have always had a love for fitness starting as a competitive gymnast when I was younger, to cheerleading and dance into my adult years for the arena football league in Florida.

I eventually took my love for fitness and made a career out of it in several capacities including as a personal trainer, group fitness instructor and Group Fitness Director for Gold's Gym for over 10 years. Working in these different capacities has helped me realize what clients are looking for and to better understand how they can reach their goals as individuals since fitness is not a one-size-fits-all.

Once I relocated back to Jefferson City in 2015, I immediately started working for the YMCA and have built many special relationships with the members. I continue to enjoy helping individuals find a way to love their workouts and get them motivated to stay consistent in their health and fitness journey.



CERTIFICATIONS: AFAA Personal Trainer, AFAA Group Exercise, Shine Dance Fitness, High Fitness, Barre, Silver Sneakers, Pound

YEARS/HOURS OF EXPERIENCE: 30 years in the fitness industry!

AVAILABILITY: Monday-Friday mornings between 8-11a.m. Some Thursday evenings

CONTACT:

- Email: nolimitsftnss@gmail.com
- Phone: 941-527-2097

SESSION COST & DURATION OPTIONS:

SESSION COST	DURATION	NUMBER OF SESSIONS
\$35/Session	30 minutes	1-7
\$30/session	30 minutes	8+
\$50/session	45 minutes	1-7
\$45/session	45 minutes	8+
\$100/package	30 minutes/session	4 Total

For more information, contact Quinton Sallin, YMCA Wellness Director, at qsallin@jcyymca.org or 5737613225.