DALTON BERNSKOETTER



I became a Personal Trainer because I saw a need for trainers with a background in physical therapy and for those looking to work with past injuries and prevent future injuries. I'm a sports performance specialist with a body of knowledge in sports medicine and can employ various corrective exercises, techniques and concepts with my training to help you both look and feel better to give you that edge for whatever goals you have from a body composition to athletic performance and anything in between.

CERTIFICATIONS:

- NASM Personal Trainer and Sports Performance Enhancement Specialty
- Licensed Physical Therapy Assistant – State Technical College of Missouri

YEARS/HOURS OF EXPERIENCE:

- 4 Years of Personal Training

AVAILABILITY:

- Tuesdays after 5 p.m. at the Knowles Y for sports training
- Saturdays from 12–5 p.m. at the Hartsfield Y for personal training

CONTACT:

- **Email:** dberns2622@gmail.com
- **Phone:** 573.418.5313

SESSION COST & DURATION OPTIONS:

SESSION COST	DURATION	NUMBER OF SESSIONS
$50	60 minutes	1
$200	60 minutes	4
$380	60 minutes	8
$560	60 minutes	12

For more information, contact Sheila Schulte, YMCA Wellness Director, at sschulte@jcymca.org or 573.761.3459.