FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Education: B.S., Kinesiology, UW Milwaukee

Certifications: Nutrition, CPR/AED

Focus: Weight loss, strength training, nutrition, injury rehab, prenatal/postnatal exercise, TRX training

Personal Bio: I want to motivate and guide my clients toward achieving their fitness goals inside the Y, so they can lead an active and enjoyable life. I think balance is essential in a great workout program, as well as in leading a healthy lifestyle. I enjoy working with people and seeing them gain the ability to do things they did not think were possible.

COURTNEY TURDO Personal Trainer

FOND DU LAC FAMILY YMCA