



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEET ONE OF OUR PERSONAL TRAINERS

Angela Warren

- Group Fitness Instructor for Youth Conditioning
- Experienced coach in track, volleyball, basketball and soccer

Achievements

- Exercise and Sports Science degree from UW LaCrosse
- 20 years experience as a physical education teacher in the Lake Geneva Schools



Angela's Fitness Philosophy

I focus on making fitness fun and empowering, helping young people build strength, confidence, and healthy habits that last a lifetime. My goal is to create a positive, supportive environment where every child feels motivated to push their limits safely and celebrate their progress.

To train with Angela sign up by scanning the QR code or by visiting GenevaLakesYMCA.org/pt to complete a Personal Training Request form.

