PERSONAL TRAINING
AT THE BOOTHBAY REGION YMCA

Abby Jones
Healthy Living Coordinator
Athletics and Fitness Association of America (AFAA) • LIVESTRONG@ at the YMCA Instructor
Abby holds a BA from Mount Holyoke College and a M.Ed from Harvard School of Education. Other certifications include CPR/AED, Body Pump, Y Group Exercise, Cycling, Step, Pilates, Barre, and Drumming. Abby oversees the group exercise programs, and leads many of our Evidence-Based Health Intervention and group exercise programs. Abby is always happy to help with equipment, orientations, one-on-one sessions, and learn about your fitness goals.

Nikki Tibbetts
Certified Personal Trainer
International Sports Sciences Association (ISSA) • Certified Healthy Weight Instructor
Nikki has been with the Y for the last four years. She is a Southport kindergarten and first grade teacher and has been active in the field of fitness and nutrition for over 10 years. A graduate of Thomas College and ISSA personal trainer, Nikki enjoys circuit, strength, and interval training. If you seek nutrition, strength, weight loss, or would like to get back into fitness, Nikki can help.

Robin Maginn
Certified Personal Trainer
National Academy of Sports Medicine (NASM) • ACE • Rock Steady For Parkinson’s • Enhance® Fitness
Robin is an ACE certified Personal Trainer and group exercise instructor. She has received certifications from NSCA, AFAA, and the Senior Fitness Association; the international association exclusively for fitness professionals who serve older adult populations. Robin has been a fitness instructor and personal trainer for over 20 years. After a long and rewarding career in the “high-tech” industry and having started a family, she made her passion for fitness into a career.

Adrianne Stelzenmuller
Aquatic Personal Trainer
Instructor Level Aquatic Massage Therapist • Watsu Practitioner • Massage & Craniosacral Therapist • Personal Trainer (specializing in aquatics) • Shiatsu & Acupressure Practitioner
Adrianne has been an Aquatic Therapist for 23 years, beginning with 10 years at Canyon Ranch in Tucson, AZ. For more than two decades, she has taught, studied, worked, and collaborated with Aquatic Physical Therapists, Aquatic Bodyworkers, Physical Therapists, Massage Therapists, DCs, MDs, DOs, Shaman, and all manners of healing practitioners. With a background in anatomy, personal training and a genuine love of people, Adrianne can help.

PERSONAL TRAINING FEES

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