



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEET PERSONAL TRAINER DESTIN BROOKER

Destin began this fitness journey in the 7th grade with weightlifting and has continued ever since. This commitment and dedication has built up over the years contributing to his passion for weightlifting and strength training. Destin graduated from Siena College with a BS in Arts. He is an ISSA certified fitness trainer specializing in weightlifting and strength & conditioning. Destin's knowledge and commitment for training the body to be its strongest and healthiest continues to grow.

Suffering is a test. That's all it is. Suffering is the true test of life." - David Goggins
Specialties: Ask Destin for help with weight lifting, strength & conditioning.

COST	Single session
	30 mins: \$40
	60 mins: \$55
	5 sessions
	30mins: \$195
	60 mins: \$270
10 sessions	30 mins: \$380
	60 mins: \$530

LOCATION FULTON COUNTY YMCA
213 HARRISON ST
JOHNSTOWN, NY

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VISIT US www.fultoncountyyymca.org

