



THE NEXT LEVEL

Personal Training at the Y

Faira Esposito



Philosophy

Strength does not come from what you do, it comes from overcoming the things you thought you could not do.

Background

Faira has been a personal trainer for 10 years, however she has had a passion for fitness since childhood. She has made exercise a lifelong habit and have kept herself active since the age of five, including running a half marathon, and several 5K's. Faira believes exercise is more than a tool to reach short-term, cosmetic objectives. Rather it is a lifestyle choice she makes each day, that impacts the rest of her life.

Workout

Her workouts are completely customized to her client's goals and abilities. She believes variety is what keeps the body challenged and will incorporate various tools and equipment to keep the workout fun and challenging.

Certifications & Specializations

- American Council on Exercise (ACE)
- TRX® Suspension Certified Instructor
- Barre Above Certified Instructor
- Silver Sneakers® Certified Instructor
- Pilates Instructor
- Schwinn Indoor Cycling Instructor

Interested in Training with Faira?

Lakewood Family YMCA

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