

# RED BANK FAMILY YMCA OUR PERSONAL TRAINER TEAM



## ALISON BAY



**A**lison has been a WITS Certified Personal Trainer since 2003. She works with a wide range of clients but specializes in the Senior population's strength, balance, and accident prevention training. Throughout her years in the fitness industry, she has led a variety of Group Fitness classes such as Cycling, Aqua Step, Aqua Bootcamp, Body Pump, Core and Pilates. Some of her hobbies include Pickle Ball, hiking, body surfing and playing with her grandkids.

## MICHAYLIN BALL



**M**ichaylin is an ISSA Certified Personal Trainer who found her passion for fitness through her own personal journey towards wellness. Michaylin specializes in strength training and continues to expand her knowledge and expertise through continuing education courses. Michaylin enjoys

learning about fitness, painting, succulents, reptiles, hiking, and designing workout plans.

## VINNIE CINKO



**V**innie is an ISSA Certified Personal Trainer. He graduated in 2023 with a bachelor's degree in Exercise Science on the pre-physical therapy track. He specializes in strength training, rehabilitative exercise, and sport specific training. Vinnie has had the opportunity to train a variety of age groups and fitness level. Whether

you are a newbie to the gym, or looking for the next step in your fitness journey, he can help! Vinnie enjoys weightlifting, watching soccer and football, and learning more about fitness in his free time.

## JENNY SCANAPICCO



**J**enny is a WITS and NETA Certified Personal Trainer and holds a bachelor's degree in Social Science. In college, Jenny was introduced to Group Fitness. She obtained her certification and has been teaching ever since. Along with working one on one with clients, you can find her in the Group Fitness

Studio leading classes such as Butts and Gutts, Cardio Box, and HIIT. Jenny enjoys going for walks with friends, bike riding, traveling, and spending time with her family.

## MATTHEW SCHNEIDER



**M**atthew is a NASM Certified Personal Trainer and a NASM Youth Exercise Specialist. He became a Personal Trainer 10 years ago after losing over 100 pounds with exercise and proper nutrition. He shares his experience by guiding others along their personal wellness journeys; one step and one rep at a time. Matt's

fitness background is rooted in weight training; lending it useful to those who have goals ranging from remaining youthful, to getting "yolked!" He enjoys fishing, college football, reading, and staying active.

For more information, e-mail us  
at: [jmacdonald@ymcanj.org](mailto:jmacdonald@ymcanj.org)

[ymcanj.org](https://ymcanj.org)