

# Terrence Donner

Hi, I am Terrence, a passionate fitness enthusiast with years of experience helping individuals of all ages transform their lives through exercise and nutrition. My journey began in high school as a competitive athlete and has continued to me competing as a natural bodybuilder in the near future, which has fueled my dedication to understanding the intricacies of human movement and performance optimization.

As a certified NASM personal trainer, I specialize in tailoring programs to suit each client's unique goals, whether shedding pounds, gaining muscle, or enhancing overall wellness. I believe in a holistic approach, integrating strength training, power movements, cardiovascular exercises, flexibility work, and mindfulness practices to foster sustainable lifestyle changes.

With a supportive and motivational coaching style, I empower my clients to push past their limits, overcome obstacles, and unlock their full potential. Whether you're a beginner taking the first steps towards a healthier lifestyle or a seasoned gym-goer aiming for new heights, I'm here to guide, motivate, and inspire you every step of the way.

Let's embark on this journey together and sculpt the best version of yourself! Ready to crush your fitness goals? Let's make it happen!



**CERTIFICATIONS:** NASM Certified Personal Trainer

**AVAILABILITY:** Weekday evenings & weekends

**CONTACT:** Phone: 573-826-5382

Email: [terrencexd17@gmail.com](mailto:terrencexd17@gmail.com)

**SESSION COST & DURATION OPTIONS:**

SESSION COST	DURATION	NUMBER OF SESSIONS
\$30	30 min	1-7
\$25	30 min	8+
\$45	45 min	1-7
\$40	45 min	8+
\$90 (package)	30 min/session	4 sessions

**For more information, contact Quinton Sallin, YMCA Wellness Director, at [qsallin@jcymca.org](mailto:qsallin@jcymca.org) or 5737613225.**