

PERSONAL TRAINING

FOR SQUASH & RACQUETBALL

THESE TWO OUTSTANDING PERSONAL TRAINERS COME HIGHLY RECOMMENDED FOR SQUASH & RACQUETBALL PLAYERS BY CONNIE BARNES, DIRECTOR OF SQUASH.



YONGMEI (CONNIE) YE

Our squash strength and conditioning coach. Yongmei has over nine years experience in the fitness and sports fields as a sports coach, physical education teacher and personal trainer. She coached track and field in the Nanjing, China school system and was herself the Nanjing Women's 1500 Meter Champion. She was the fitness and strength coach for the Chinese National Badminton Champion (age group 12) and several of her runners were municipal champions. Connie graduated from the National Personal Training Institute in Falls Church, Virginia and is holds a certification as a personal trainer from the National Academy of Sports Medicine (NASM). In addition to personal training, Connie has received formal training in nutrition, yoga and group exercise.

Contact Connie

Email: yye@sportandhealth.com



GEOVANNY ARDON

"Do you have chronic soreness in one or more areas of your body? Some days, do you wake up feeling stiff and unable to function?"

If you answered yes to either of these questions, then you need to try Self Myofascial Release (SMR) or Foam Rolling. SMR is a self performed technique that involves you and a high density foam based roller. It allows the user to pinpoint tight/tender areas of your body and, over time, relieve the soreness with continuous applications. It is a great preventive measure proven to help keep you active and minimize injuries.

Contact Geovanny

Email: gardon@sportandhealth.com

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Set up an appointment today by emailing Connie or Geovanny directly or by contacting Katie Rubio, Fitness Director at krubio@sportandhealth.com