



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DEDICATION MOTIVATION ACCOUNTABILITY

PERSONAL TRAINING SALEM FAMILY YMCA

Let us help you reach your health and fitness goals! Our dedicated personal trainers will motivate you and keep you accountable so you can see better results.

Meet our trainers!



Rebecca Schindler
M.Ed. Exercise Science • IDEA Advanced Level Personal Trainer

Rebecca has been working in the fitness field for more than 30 years and personal training for 25 years. In addition to specializing in long-term weight management, she has worked extensively with individuals striving to achieve any type of personal fitness goal. She is especially well-qualified to work with those looking to regain full physical function following surgery, injury, or illness. Rebecca also teaches the low impact group fitness classes for the Salem YMCA.



Michael Woods
Certified Personal Trainer

"I received my exercise science and sports leadership degree from Western Oregon University. This has provided me with the tools to train individuals with varying abilities and the knowledge for sport-specific training. I enjoy meeting new people with a variety of exercise experience and helping members be successful in their workout program."



Laurie Hostler
NPTI Certified Personal Trainer

"I attended NPTI National Personal Training Institute in Portland OR. I love what I do. Let me help you reach your goals! I specialize in women's fitness and older adult health and fitness."



Bonnie Kline
ACE Certified Personal Trainer

"I have been working as a physical educator the past two years at EAGLE Charter School and recently obtained my Personal Trainer Certification and Sport Nutrition Certification through the American Council on Exercise. I am continuing specialty certifications through ACE and will be completing the Youth Specialty Certification next. I enjoy working with individuals and watching them succeed as they begin and maintain their personal journeys in fitness."



John Faulkner
Certifications have included: NASM, NASM Advanced, ISSA, ACE and First Aid, CPR.

"I have been in the field of fitness for well over 20 years now, and honed my expertise to a deliberate, yet simple approach; exercise just enough to create a stimulus for change and growth. When done correctly, a minimal amount of time and effort in the gym environment fulfills the requirements needed to render a desirable, healthful physique and mindset. Less really is best!"