



# POWER

PERSONAL TRAINING AT THE Y

## ANGELA MOULD

"...Not merely, to  
survive, but to  
thrive!"

-Maya Angelou



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## PERSONAL TRAINER

- Personal Trainer certified through the Athletics and Fitness Association of America.
- "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion some humor, and some style." -Maya Angelou
- My hope for my clients is that by focusing on educating themselves into a healthy lifestyle, they are empowered to reach their goals.
- I get my motivation from media, I am constantly reminded that we are all getting older. My lifelong goal is to always be independent and mobile. To me, that means taking care of the vessel I'm in. I want to be an unstoppable old lady!
- When I'm not training, you can find me reading, learning new things, going on adventures and spending time with my family.

