

PENINSULA FAMILY YMCA PERSONAL TRAINERS



Marc Patricio
Personal Trainer

Marc is a Wellness Coach as well as a NASM Certified Personal Trainer. He graduated from SFSU in Spring 2015 with a B.S. degree in Kinesiology. His specialties include Functional Training, Strength and Conditioning, and Sports Specific Performance.



Maryanne Wilson
Personal Trainer

Maryanne holds an A.S. in Athletic Training, a minor in Recreation, a B.S. in Kinesiology with an emphasis in Wellness and Nutrition, and now has her eyes set on earning her doctorate in Physical Therapy. She has been an NASM certified trainer since 2008 and has worked with a wide variety of clients, including professional athletes and teams and was involved in the 2014 NFL Combine Training. She specializes in corrective exercises, athletic training, and enhancing movement patterns. Her passion lies in helping others achieve their goals by providing the tools, knowledge and support they need to be successful.



Sunny Diaz
Personal Trainer

Sunny is a Wellness Coach as well as a NASM Certified Personal Trainer. He graduated from the Sports and Recreation International Education Research Foundation with a Masters of Science Degree in Physical Education. His specialties include Senior Fitness Enhancement, Corrective Exercise, and Sports Performance Training.



Trung Le
Personal Trainer

Trung is a Wellness Coach as well as an ACSM Certified Personal Trainer. He graduated from SFSU in Spring 2011 with a B.S. Degree in Kinesiology. His specialties includes: corrective exercise, injury prevention and rehabilitation, sports performance, and strength and conditioning.

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Cynthia Newman
Personal Trainer

Cynthia has over 25 years of experience in Fitness. Her certifications include: ACE, Health & Wellness Institute at CSUEB, Certified Nutrition Counselor and Weight Management Consultant. Specialized training for ages 50+ , TRX, Functional Training, and Women-specific Workouts. Cynthia helps motivate, inspire and develop strategies for a healthy lifestyle by enlightening clients to their full potential and making their goals a reality.



Farah Morsh
Personal Trainer

Farah has been a Wellness Coach since 2001 and is an ACE Certified Personal Trainer. She graduated from SFSU with a B.S. Degree in Dietetics. Farah also holds Cancer Exercise Specialist and TRX certifications. She also teaches Group Exercise classes as well as Enhance Fitness® at the Peninsula Family YMCA.



Jean Garcia
Personal Trainer

Jean is an ACE Certified Personal Trainer and Group Fitness Instructor with over two decades of experience. She received her B.A. from UCSB and her M.A. from CAL. Additionally, she is a Registered Yoga Alliance Teacher and is Peak Pilates Mat Certified. She loves helping people integrate healthy habits into their lives.



Lisa Walker
Personal Trainer

Lisa has been ACE Certified since 2008 and is also certified in running with RRCA and TRX. Lisa also teaches willPower & grace, BODYPUMP and CXWORX. Lisa strives to bring those strength and energy to life in her teaching and training.