

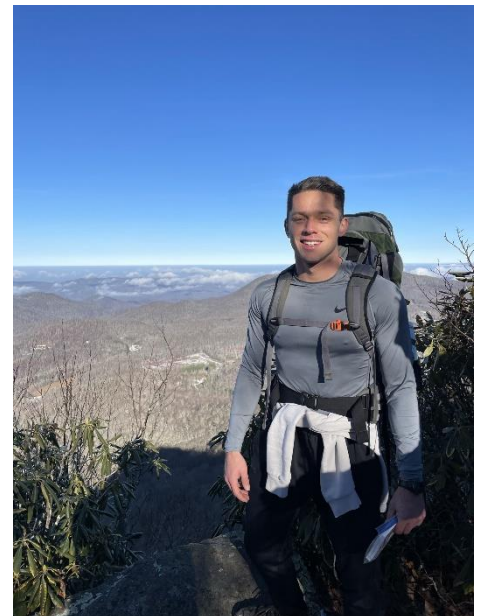


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ISAAC BEACORN PERSONAL TRAINER

Isaac grew up going to the Athens YMCA for afterschool sports and summer camp. He is certified through ACE – American Council on Exercise and is also CPR/AED certified.

Isaac enjoyed playing sports and being physically active in the outdoors as a kid. Whether it was football, baseball, wrestling or track and field, he enjoyed the practices, the competition, and the weightlifting sessions to improve athletic performance of both himself and his teammates. He can help you with proper technique, various training methods, and navigate a training program for your individual needs. Although Isaac has grown up, he still enjoys playing sports, competing, and exercising to achieve improved athletic performance. If this is something you desire as well, he is here to help. Isaac has completed sprint and Olympic distance triathlons, half-marathons, and competes in flag football/volleyball/basketball leagues when possible.



When Isaac is not at the YMCA, he is either outside playing sports, enjoying the outdoors, reading, and spending time with family and friends. Just like the cliché, he also enjoys walks (and runs) on the beach, Italian food, and gets his fill of ice cream every now and then.

Whether you are new to exercising and want to learn more or if you want to enhance your current training, Isaac is eager to help you achieve your goals. Taking the first step is often the most intimidating, but he is here to patiently guide you on your fitness journey.

Contact Information:

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