



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CORDELLE WHITE

PERSONAL TRAINER

Cordelle is certified by the ISSA and has a strong sports background. He enjoys working with people of all ages.



Cordelle started lifting weights in third grade. His father taught him how to use the weights properly and since then, he has fallen in love with weight-lifting!

Cordelle feels very blessed to be able to work with people not just anywhere, but at the YMCA!

Contact Information:

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