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# HEATHER PITTMAN PERSONAL TRAINER

Heather's fitness journey began several years ago. As a teen and young adult she was always very active. However, after the birth of her two amazing children, that part of life slowed down. After becoming frustrated with where she was physically, Heather's husband encouraged her to join the Athens YMCA, where she began again. Fitness, as well as nutrition, took on a whole new meaning when in 2013, her daughter was diagnosed with type 1 diabetes (an autoimmune disorder). This prompted her to learn more about how the body responds to exercise as well as what we put into our bodies. As well as being a personal trainer, Heather teaches several group fitness classes at the Y including deep water aerobics, Pilates, Senior fitness and low impact weight training interval classes. In addition to being a certified personal trainer, Heather has certifications in nutrition, group fitness, Pilates, Aqua fitness, senior fitness and Mat-flex. She enjoys working with women of all ages and abilities and loves to see the changes they can make in strength and flexibility.

When not at the Y, Heather loves to work in her vegetable garden and spend time with her family.

## Contact Information

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