

A portrait of Megan Ward, a woman with long brown hair and glasses, smiling. She is wearing a blue t-shirt with the YMCA logo and the word "TRAINER" on it. The background is white.

Certifications: FiTOUR Personal Trainer Certification

Focus: Megan is ready to help motivate you to feel your best.

Personal Bio: Megan's passion for physical and mental fitness began in her early twenties when she turned to running as a stress relief. She currently enjoys practicing yoga, weight lifting, and running.

MEGAN WARD

FiTOUR Certified Personal Trainer