



Andy Bischoff

NASM-CPT, NETA - CWC

EDUCATION:

UWGB - Bachelors of Science –Major in Human Development; Masters of Science- Management.

CERTIFICATIONS:

NASM-Certified Personal Trainer, NETA - Certified Wellness Coach, YMCA Foundations of Strength and Conditioning, YMCA Foundations of Group Exercise, First Aid/CPR Certified

AREA OF SPECIALTY:

Endurance Training; Beginning Exercisers; Special Needs

EXPERIENCE:

I have been in my current position at the Y since August 2013. I also volunteer with myTEAM TRIUMPH, which helps people with disabilities participate in fitness and endurance athletics. Previously I volunteered at Bellin in the fitness center for a year while working full-time at ASPIRO. I was on the cross-country team at UWGB and have continued to compete in races such as 5k's, 10k's, half and full marathons, ultra marathons, and half-iron triathlons. I competed in Ironman Wisconsin 2015.

TRAINING STYLE/PHILOSOPHY:

Accountability. Patient. Encouraging. I always hold myself accountable to my clients and give my best effort. In return I ask the same. Results are the work of consistency, hard work, and dedication. With the help of my training plans you will see results, whether in the form of toned muscles, weight loss, or overall self-confidence. I exude a lot of patience with my clients. While I know it is important to push you to reach your goals, I also understand that you might have many other things going on in life and this will require patience on my part. Along the way I will always encourage you to keep going and move outside your comfort zone.

MY PASSION FOR FITNESS COMES FROM:

I have a passion for health and fitness that stems from over half a lifetime in the sport of running. It is truly remarkable what being healthy can do for you and the things you can experience in life. I will devote a lot of energy to providing plans and knowledge on how to best achieve your goals.

MY PROUDEST MOMENT WITH A CLIENT:

I love to see people hit their goals, big or small. It's also great to see them making lifestyle changes revolved around fitness and wellness.

MY FAVORITE EXERCISE/TRAINING TOOL:

Free weights. Stability ball. Bodyweight exercises.

CONTACT ME: andy.bischoff@greenbayymca.org

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