

Bill Barry

Introduction:

As I approached retirement from a 35+ year career in commercial construction, It was suggested by my adult children that I find an encore career that I'd love and that would keep me busy so I would not drive my wife crazy. Becoming a Personal Trainer was a logical choice because I enjoy physical activities and coaching. I've always been a "gym rat"; except in my 40's when my physical condition lacked a little and I had to work to get back into shape. I enjoy a wide variety of sports and physical activities. I have completed many different races including Triathlons, Marathons, Half- Marathons, 10Ks and 5Ks.



Experience:

Growing up, I played many different sports including high school football, baseball, basketball and track. I served in the U.S. Marine Corps, as Reconnaissance Marine, where maintaining my peak physical condition was required.

I have been a youth coach in Loudoun County for over 20 years. I have coached both boy's and girl's sports, including in-line and ice hockey, flag and tackle football, baseball, and basketball.

My goal as a personal trainer is to help people of all ages reach their personal goals and improve their quality of life.

Certifications:

- AAAI/ISMA: American Aerobic Association International/International Sports Medicine.
- ISSA: International Sports Sciences Association.
- CPR/AED Adult First Aid.

Focus:

As a Personal Trainer, I have taught small group training sessions that include full body functional, lower body and upper body, strength and balance, as well as core focused exercises. I have worked with individuals who have never been in a gym before, as well as those who want to get back in shape. I have worked with men and women of all ages. I have worked with young athletes and clients in their 80's. I design individual training programs to meet each person's specific goals and needs.