



## MEET ASHLYN!

**CrossFit Coach and  
Group Exercise  
Instructor**

CrossFit Level 1 Trainer,  
AFAA Group Exercise  
Instructor, ADT In Child  
Development at Sac City  
College

### What is your fitness philosophy?

To push to be the best possible version of yourself. It sounds cheesy, but I found that when you find that part of yourself that you can challenge to become better, you start to evolve as a person. Who cares if our goals are different? As long as you put in the effort to better yourself, we all gain!

### What are your areas of expertise?

Although I am a new coach, I am finding my love to program and learn mechanics of each movement. As I am going along the journey of fitness, I am learning so much about how the body moves and what faults to look for. I am also excited to complete the conjugate methods CrossFit specialty course in March where I can let my knowledge grow!

### What is your greatest fitness accomplishment?

2018 has brought me many PR's and opportunities, including passing my CrossFit Level 1, completing my first two CrossFit competitions, master pistol squats and strict pull-ups, and join the 200# club on my dead-lift. Best part is I know there is so much more to come!

### What are your goals as a coach?

To just keep learning, get more feedback from various sources, and to get strong along with the athletes here at YCF!

### What is your regular fitness regime?

I typically train 4-5 times a week when my schedule with school and work allows me to. On top of that, I never back down on any events or hikes as fitness is my lifestyle.

### What else would you like YCF members to know about you?

I am planning on becoming a special education teacher for my career, however fitness has taken a huge part of my life that I know I will make it a priority for as long as I live. I most likely see myself in 10 years living in a small home with my boyfriend, have 3 dogs, still passionately coaching & training, and working in a school with great kids.

### Any fitness advice for someone reading this profile?

Seek support. You will find your way to see which kind of physical fitness is for you, but never hesitate to ask for help if you are feeling discouraged. We want you to keep moving, so let us support you!

