

# Liam

## Certified Instructor

### About Me:

Liam grew up on a small farm in Troy, Pennsylvania. Upon graduating high school in Florida, Liam went to the U.S. Coast Guard Academy in Connecticut. Liam, retired from military service, now works in Aviation Safety.

He has trained, competed, and coached in Track and Field, Rugby and the Highland Games. A previous powerlifter, water survival instructor, and boxer, Liam has been rounding out his fitness expertise constantly adding to his resume.

With experiencing back and hip pain due to arthritis from 22 years of military service, Liam decided to take a Bikram yoga class to find relief. From there, he found a new love and pursued his 200-hour CYT (Certified Yoga Teacher). Liam believes in making yoga accessible for all populations and enjoys weaving philosophy into his practice.

Fun fact: Liam is also a certified personal trainer for the Center!



### Classes

#### Kettlebell Yoga Fusion

Mondays 5:30 p.m. *(GFS)*

#### Gentle Yoga

Tuesdays 6:30 p.m. *(GFS)*

#### Synrgy XL 360

Wednesdays 5:30 p.m.  
*(Fitness Floor)*

