

**Amy Ventura, MA, CHC, CPT, CGFI**  
**Manager, Health & Wellbeing**

As a certified health coach, personal trainer, and group fitness instructor, I have a sincere passion for engaging people in fitness and wellness. Applying my diverse expertise, I bring empathy, energy, and fun to the table, as we chart your wellness journey together. I serve as a coach in a variety of YMCA programs, including the Diabetes Prevention Program, Blood Pressure Self-Monitoring, Power Your Potential small-group training, and Livestrong at the YMCA. Originally from Indiana, I have lived in Denver since 2010 and enjoy spending time with my husband, my kid, and our slobbery dog. I am currently working on my own life and wellness goal of taking family vacations by bike.