

DEBORAH DOP



MEET THE TRAINER

I discovered fitness in high school and have continued on with it my entire life. I've been teaching for about 30 years. Different classes I've taught include aerobics, step aerobics, strength training, and yoga. I hold certifications in group fitness, personal training, and yoga. I am also a certified health coach.

CERTIFICATIONS

Fitness Instructor

Fitour Personal Training Certified

Yoga Instructor

Health Coach

CONTACT

Jake Katnik

Health & Wellness Director

(573) 657-9622 ext. 303

IDEAL CLIENT

My ideal client would be anyone wanting to make fitness or lifestyle changes...especially someone who is open to exploring new possibilities for his or her mind and body.

TRAINING PHILOSOPHY

I believe in making the pursuit of better health, strength, flexibility, and balance an exciting and enjoyable experience.

HOBBIES & PAST-TIMES

When I'm not instructing or training at the YMCA, I enjoy spending time with family. My husband and I love camping and traveling, hiking, biking, and paddle boarding.

