



Delia Bailey

Pronouns: She/They

Certifications:

NASM Certified Personal Trainer

AFAA Group Fitness

Strong Nation

All Zumba Formats

MMA Fit/Training

NASM Certified Stretching and
Mobility Coach

PERSONAL TRAINING

Delia's fitness journey began when she became a Zumba Instructor “just for fun.” Little did she know that that step in 2011 would lead her to obtaining multiple trainings and certifications in order to help as many students as possible reach their fitness goals, as well as continue her fitness journey through martial arts, strength training and more.



Beginner Wellness

Helping people brand new to exercise to improve overall wellness



Functional Strength

Weighted exercises to increase balance, stability, and strength.



Post Rehabilitation

Passion and knowledge to help client's come back to their regular routine

Join one of Delia's classes

See front desk or ywcaofasheville.org online for class schedule including Zumba, Cardio Kickboxing, and Small Group Strength Training