

2018 Fitness Instructors

Sally Maley



Sally Maley has been working at the Bryan YMCA for over 6 years. She is a certified personal trainer and cycle instructor. Her favorite class to teach is cycle strength which is a mix of cardio and weights with a focus on HIIT intervals. Sally is a recreational runner that enjoys all distances from a 5K to a full marathon. Sally is a working Mom of two and tries to work physical activity in with family or self daily to provide a healthy lifestyle and choices for her family.

Kristi Wallace



Hi! My name is Kristi! I LOVE teaching Group X and being involved with the Y! I am a certified personal trainer, group exercise/pilates/yoga instructor, nutritional therapist and running enthusiast! In my spare time I enjoy running, reading and volunteering with Red Dog Farm! I have a yorkie named Carolina, schnoodle named Dixed, and foster small dogs! I am originally from Solon, Ohio but have lived in Greensboro for 17 years and now call Greensboro, NC my home!

Danyl Walton



Hello "Dancers" and everyone who loves to move to music! My name is Danyl and just recently moved to North Carolina from Knoxville, TN. I have been teaching with the YMCA's all throughout America for about 20 years! Dance is my passion, along with yoga and pilates. My dance style is just FUN! I incorporate all different types of styles and a variety of music genres. No class is ever the same! So come and shake it with me! :)

Doug Harris



Doug Harris is a personal trainer and group exercise instructor at the Bryan YMCA. Doug also has a specialty certification in kettlebells, which are his favorite exercise tool to use. He lives in Greensboro with his wife, soccer-crazy son and two dogs.

Cindy Barbour



Cindy has an extensive background in the wellness industry. She started out as a competitive runner and quit competing only to find herself gaining weight quickly. She joined a gym in Maryland and started attending classes most days of the week. On a stormy night, the instructor scheduled to teach couldn't teach and Cindy was asked to step in. The rest, as they say, is history. Cindy went on to get certified in teaching group exercise, personal training and a certification as a running coach. As an adult, Cindy went to UNCG and finished her degree in Exercise Science and Sports Studies. She has worked in numerous gyms in Maryland, Illinois and settled in North Carolina in 1993. She has been with the YMCA many years as a wellness director as well as a former columnist for the News & Record. For a while Cindy was on the WXII Channel 12 morning news leading the 12 minute workout segment. Cindy has also been a guest writer in numerous publications. Her passion is clearly helping people achieve their goals through lifestyle changes. Cindy is currently retired as the Fitness Director at Starmount Forest Country Club and is spending time racing & pacing running races of all distances from the track (Ultimate Runner) to 202 miles (Tahoe 200)

John Mortenson



A former martial arts instructor, John Mortenson is a certified TurboKick Live Instructor and currently teaches at 4:30 pm on Thursdays at the Bryan YMCA.

TurboKick is a high-intensity cardio exercise class packed with kickboxing combinations, calorie-blasting HIIT training, and bodyweight exercises. The class is set to fun, rhythmic music so you get lean and toned while having a blast! You'll leave every class dripping sweat—and ready to conquer anything!