

PERSONAL
TRAINING
WITH

Karalyn Kempinski



Education/Certifications

- B.S. in Exercise Physiology
- NETA Certified Personal Trainer
- NETA Certified Bosu
- Kettlebell
- Spin Instructor

Training Philosophy

I think everyone should be active and healthy! I most enjoy helping people attain their personal fitness goals. I believe your workout needs to be fun. If they aren't fun you won't want to do them!

Interests

I enjoy scrapbooking, running, reading and spending time with my family.

"I love working with people who want to work hard, athletes, small groups and older generation!! Fitness is my passion.. I love to teach people to get in shape for their specific life style, not just a short term fix!"