

PERSONAL
TRAINING
WITH

Suzanne Keyrouse



Education/Certifications

FiTour Certified: Advanced Personal Training, Group Fitness, Advanced Yoga, Advanced Pilates, Foam Roller; Les Mills Certified: RPM, Body Pump, Body Combat, Body Attack, TONE, CXWORX, Body Flow; Certified Zumba, Plyoga & Silver Sneakers Instructor

Training Philosophy

The impact of helping someone reach their health and fitness goals is beyond rewarding. I love to take people to a place that they would not normally go on their own. I like to show them what they are capable of and that goals can be achieved!

Interests

Being with my family, watching my 4 kids grow and my own fitness goals. We love to travel and go camping as much as possible. *You, Me, Nobody is gonna hit as hard as Life. But it ain't about how hard you hit, its about how hard you can get hit and keep moving forward.* —Rocky
"I love to work with people of every age and fitness level. I like to train with just body weight. I'll push you to the next level! Our bodies are so powerful and an amazing tool in reaching fitness goals!"