

Tyler K.

ACHIEVING YOUR FITNESS GOALS JUST GOT EASIER.



**PERSONAL
TRAINING**



**EXERCISE
CLASSES**



**SUCCESS
& SUPPORT**



**NUTRITION
WELLNESS**



Training Motto

Stop making goals based around insecurities and start making them because you deserve the time and attention. Your body does a lot for you, show it some love!

Certifications/Education

NASM Certified Personal Trainer • BS Biology

BFA Musical Theater/Dance

TEDx MSU Speaker (Self-Love Tool for the Perfectionist)

Training Specializations

Teens, Older Adults, Arthritis, Mindfulness/Self-Love, Beginners,

Balance Training, Injury Prevention, Post Rehab,

Sports Cross Training, HIIT

