



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MEET ONE OF OUR PERSONAL TRAINERS

## Kathy Springhorn

ACE Personal Trainer

Group Fitness Instructor

Yogafit Certified

3<sup>rd</sup> Degree Black Belt in Kyukido

## Specialties

Senior Fitness

Strength Training



## Kathy's Fitness Philosophy

I specialize in working with older adults to build strength and create personalized modifications that remove barriers to fitness. Whether you are just starting out or have years of experience, we will work together to design new routines or enhance the ones you already enjoy.

To train with Kathy sign up by scanning the QR code or by visiting [GenevaLakesYMCA.org/pt](https://GenevaLakesYMCA.org/pt) to complete a Personal Training Request form.

