



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEET ONE OF OUR PERSONAL TRAINERS

Kylie Kramp

ACE Certified

Les Mills Certified

Specialties

Strength & Endurance

Athletic Training

Weight Management

HIIT



Kylie's Fitness Philosophy

As a student-athlete, I believe fitness is about becoming the best version of yourself-physically and mentally. With discipline and consistency, we grow stronger every day. My mission is to help others push past limits and unlock their full potential!

Train with a Ducks Swim Team alumni who is now a collegiate swimmer!

Kylie provides personal training for clients of all ages, with a focus on youth athletic conditioning and swim team development.

Register to train with Kylie. Sign up by scanning the QR code or by visiting GenevaLakesYMCA.org/youth.

