



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kyle Main

Personal Trainer

NASM



PHILOSOPHY

I believe everyone is capable of becoming stronger and improving their fitness. I want to help people reach their goals through training that is challenging, enjoyable, and specifically designed for them.



EDUCATION/CERTIFICATIONS

- · NASM Certified Personal Trainer
- · Bachelor's Degree in Human Performance - University of Wisconsin-Whitewater
- · Minor in Strength & Conditioning



SPECIALTIES/DEMOGRAPHIC

- · Strength Training
- · Athletic Performance
- · All Ages & Fitness Levels



ABOUT ME

I have been involved in sports and fitness for most of my life. Growing up, I participated in a variety of sports including basketball, soccer, baseball, and track and field. My experiences with sports and strength training led me to pursue a career in fitness and help others reach their own goals.

Outside of the gym, I enjoy playing and watching sports, playing piano and guitar, and spending time with family and friends.

BOOK YOUR SESSION TODAY!

Visit ymcanrc.org or visit the Welcome Center