

## **Katy Hetland**

Hey! I'm Katy Hetland. I'm a Certified Personal Trainer and Group Fitness Instructor with 19 years of experience helping individuals of all fitness levels reach their full potential.

In class, my focus is to create a high-energy, motivating group fitness experience where everyone feels empowered to work hard and have fun.

As a personal trainer, my focus is different. Understanding that everyone is unique, I believe the personal training experience should be highly individualized and focused on what *you* need to achieve your goals. I love creating and putting together workouts that challenge individuals in ways that they feel they can conquer confidently.

I'm here to support, guide, and push you every step of the way in a way that makes sense for your body, lifestyle, and preferences.