

Kris Wagner

With over 3 years of experience as a Certified Personal Trainer, Kris has already earned a reputation for their encouraging and empowering approach to fitness. Their focus on strengthening the mind-body connection and their keen attention to good form help clients to develop a solid foundation of strength, stability, and fitness. They are well-versed in muscle dynamics and can readily modify movements to meet clients where they're at while helping move them towards their goals.

Whether one-on-one or in a group setting, Kris particularly enjoys helping clients to find joy, resilience, and independence through movement and strength training. Their encouraging, motivational approach will challenge you to redefine your limits and accomplish more than you thought possible!