



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KANDIYOHI COUNTY AREA FAMILY YMCA PERSONAL TRAINER

Fitness has been a passionate part of my life since my teenage years. Growing up, I fell in love with weight training to gain muscle. I made the transition from Electrical Engineer to Personal Trainer to help others reach their physical fitness goals and become better versions of themselves.

I believe strongly that whatever your goals, fitness has to become a part of your lifestyle and consistency is key to your success. I strive to create a personalized and challenging program that can be incorporated into your weekly routine. Expect check-ins and accountability.

I've worked with all ages and abilities. Whatever your fitness goals, I look forward to helping you achieve them!



Greg Loerzel

YMCA

Personal Trainer