



KATELYNN PAIGE

SENIOR TRAINER

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EDUCATION : BACHELOR'S DEGREE IN
KINESIOLOGY AND SPORT STUDIES FROM
EASTERN ILLINOIS UNIVERSITY

CERTIFICATIONS: NASM CERTIFIED
PERSONAL TRAINER

SPECIALTY: WEIGHT-LOSS, STRENGTH AND
CONDITIONING

OTHER EXPERIENCE: BODYBUILDING
COMPETITION - FIGURE/PHYSIQUE, USA
SWIMMING, COLLEGE SWIMMING

“Push your mind and your body will follow.”