

VETERANS MEMORIAL COMMUNITY CENTER

PERSONAL TRAINER

CONTACT DETAILS

kwirkus@ighmn.gov
651-554-3420

Kayla Wirkus is a certified NETA Personal Trainer and has a B.S. in Nutrition.

“...Kayla, has really helped me dig deeper to evaluate and improve my overall health and lifestyle. With her knowledge, guidance and encouragement, she helped me establish and work towards my unique personal goals.”

— DEBRA M.

“Kayla inspired me to exceed my strength goals, increased my body awareness, improved my muscular alignment and educated me on healthier food choices!”

— CECE

Kayla Wirkus

PERSONAL TRAINER



Personal Summary

Kayla's journey into exercise and resistance training began with her own 80-pound weight loss transformation. Through this experience, she developed a deep passion for nutrition and wellness. Now, she's dedicated to helping others achieve their fitness, diet, and overall health goals. If you're ready to improve your health and fitness, Kayla is the trainer for you!

Core Skills

- B.S. in Nutrition from U of MN
- NETA Certified: Personal Trainer and Kettlebell Instructor
- Specializes in working with clients on balance and assisting with weight loss
- Eight years of experience



CALL OR EMAIL KAYLA TO SET UP YOUR APPOINTMENT

