

VETERANS MEMORIAL COMMUNITY CENTER PERSONAL TRAINERS

CONTACT DETAILS

tkeller@ighmn.gov
651-554-3420

“Tom Keller has worked with me for seven years. He has tremendous skills in strength and core training, health and nutrition. He has encouraged and challenged me with his personalized 60 minute workout routines.”

— BERNADETTE

“I have worked with my personal trainer for more than eight years. Tom has been able to come up with workouts I can complete and stay challenged. It also helps me stay limber and my joints more mobile. I recommend trying a personal trainer — it doesn't matter if you are in shape or not.”

— C. KASPER



Tom Keller

PERSONAL TRAINER



Personal Summary

Tom has a genuine passion for working with people in the community, helping individuals of all ages, from youth to active older adults. A former chef, Tom's true enthusiasm lies in helping clients achieve weight loss by improving both their exercise routines and dietary habits.

Tom has been training at the VMCC for over 12 years.

Core Skills

- Associates Degree in Exercise Science from Dakota County Technical College
- NETA Certified
- Aqua Certified
- TRX® Certified
- Kettlebell Certified

CALL OR EMAIL TOM TO SET UP YOUR APPOINTMENT

