

PERSONAL TRAINER

CONTACT DETAILS

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651-554-3426

“I am deeply passionate about helping others build strength and confidence, both physically and mentally. I’m committed to creating an environment where our team can thrive and where members feel empowered to achieve their health and fitness goals.

For me, it’s about fostering connections, understanding unique challenges, and working collaboratively to develop a program that inspires strength, growth, and a lifelong commitment to wellness.”

— KATELYN

Katelyn Brown

PERSONAL TRAINER & FITNESS PROGRAM SUPERVISOR



Personal Summary

Katelyn’s love for fitness and wellness started early as an athlete (soccer, volleyball, and D1 rower) and has only grown over the years. With over 11 years of experience in the health and wellness industry, she’s had the opportunity to manage fitness centers, lead group fitness classes, and support individuals through personal training.

Katelyn has diverse expertise, including prenatal and postpartum programming, weight management, athletic performance, strength training, mobility and functional movement, and interval training. Outside of work, Katelyn enjoys hiking, boating, exploring new places, and spending time with her husband and toddler. Staying active and enjoying the outdoors with her family is one of her greatest joys.

Core Skills

- BS in Exercise Science – Kinesiology
- Additional practicums in Cardiac Rehab and Physical Therapy
- Certified Personal Trainer – ACSM
- ACE Fitness Nutrition Specialist
- Prenatal/Postpartum Exercise Specialist
- TRX® Certified
- Exos Fitness Specialist
- Previous trainings in Spinning, Kettlebells, and Silver Sneakers
- 11 years of experience

CALL OR EMAIL KATELYN TO SET UP YOUR APPOINTMENT

