

KATE GATUSSO

**CERTIFIED PERSONAL TRAINER
FITNESS CLASS INSTRUCTOR**

Education | Credentials

BS, Exercise Science
MS, Kinesiology

Availability

Weekends
Evenings

A session with Kate could address:

- Concerns with exercise form and safety
- Weight loss, increasing endurance, strength, or flexibility
- Staying injury free
- Designing a variety of programs for independent, self-guided workouts

About Me:

Kate is an Exercise Physiologist with a Masters Degree in Kinesiology. With a background in health and wellness, Kate enjoys teaching boxing, cycle, resistance training, and bootcamp style classes. In her free time, she enjoys hiking, biking, and playing with her dogs.



**Contact Kate at
(618) 489-2040**