



INTRODUCING

Kathleen Phillips

Personal Trainer



My focus is on building strength and improving metabolic conditioning through safe and effective training. I am passionate about helping others reach their fitness goals by creating programming tailored to individual needs.

My goal for you is to create a supportive environment where you can push yourself, increase your strength, and feel confident in your progress! I am here to help you move safely and effectively while you continue your fitness journey.

EDUCATION & CERTIFICATIONS

- M. Ed., University of Oregon
- IFPA Personal Training Certification
- Crossfit L2 Trainer
- Burgener Strength L1
- Red Cross CPR/First Aid/AED

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com