



POWER

PERSONAL TRAINING AT THE Y

NATHAN KRUEGER

"If you can dream it,
you can do it."



NATHAN KRUEGER

PERSONAL TRAINER

- NASM Certified Personal Trainer through National Personal Training Institute
- I pride myself on teaching the fundamentals of exercise/fitness and helping people understand how to develop their own routines.
- I am an Army veteran - this is where my love for fitness and exercise began!
- I enjoy doing Crossfit as well as HIIT and other general exercise techniques.
- When I'm not training clients, I enjoy spending time with my wife and our two dogs, Maynard (English Bulldog) and Vernon (Mini Dachshund)

