

Ashley Kraemer

ACSM Exercise Physiologist

Bachelor's Degree in Kinesiology
Associate's degree in Applied Science with an emphasis in Exercise Science and
Wellness

My hobbies include any outdoor activities, sports and anything that involves my dogs. Some of my favorite sports to watch and play are volleyball, hockey and golf.

I found success in fitness and health by trying many different activities until I found a variety of things I enjoy. Participating in the activities I enjoy such as kickboxing, kettlebell group fitness classes and weight training, to name a few, makes staying active a lot more fun!

Always remember, where there's a will there's a way.