

Katie Landrum



Fitness Philosophy

Fitness is a journey that starts with one step and continues another step at a time. Movement and exercise should be enjoyable and rewarding rather than tolerated. Your body was made to move and knows what to do once it gets a nudge in the right direction! My goal is to help others explore movement and exercise and find ways to feel powerful, confident, and healthy. Working together as a team, we can find movement and fitness that fits your body and your lifestyle and work towards goals one step at a time.

Areas of Expertise and Interest

Expertise:

- Yoga
- Strength training
- Balance
- Circuit & Interval Training
- Deep Water Exercise

Fitness Interests:

- Yoga
- Dancing
- Boot Camp
- Judo
- Exploring new modes of fitness
- Muscular Strength & Endurance
- Mind & Body connection
- Functional Movement
- Interval Training

Education and Certification(s)

- Indiana University Bloomington
 - Master of Science in Kinesiology – Physical Activity, Fitness, & Wellness, Anticipated May 2017
 - Bachelor of Science in Kinesiology – Contemporary Dance, 2015
- Yoga Alliance 500-hour Registered Yoga Teacher (Anticipated January 2017)
- Yoga Alliance 200-hour Registered Yoga Teacher (since December 2015)
- American Council on Exercise Group Fitness Instructor (expiration 2018)
- American Council on Exercise Health Coach (expiration 2018)
- American Red Cross Adult CPR/AED (Expiration July 2017)
- Schwinn Cycling Instructor Certification (since August 2014)