



**Education:** B.S., Kinesiology from the University of Wisconsin Oshkosh

**Focus:** Functional Training; creating exercise programs that prepare the body for the activities of daily life. This involves strength training with dumbbells, kettlebells, barbells, resistance bands and even the body's own weight. I approach training by looking the body as a system of parts working together.

**Personal Bio:** I have been a personal trainer, coach, or instructor since 2016. I am originally from Rockford, Illinois, went to college in Oshkosh and now live in Fond du Lac with my husband, 2 kids and our dog. I was a track athlete during my years at UW Oshkosh, running the 100m, 200m and 400m dashes, as well as relays. My favorite things are to be outside with my husband and kids, cooking and baking for friends and family, celebrating any holiday, and ordering in food and a movie. I'm happy to have this opportunity to help you improve your health!

**BECKLYN BAATZ** Personal Trainer