

TATE JOHN



MEET THE TRAINER

As a member of a family made up of numerous athletes, I knew from a young age that it was inevitable for me to become one too. Growing up, I was fortunate enough to play several competitive sports with my peers. Following my freshman year in high school, I picked up weight lifting during the winter months to gain size and strength for the upcoming seasons. Little did I know that it would become a passion of mine, loving the process of achieving results and becoming a better athlete. I have been lifting ever since and use it as a way to stay healthy, let off steam, gain confidence, and become a better overall person. Following my high school graduation in 2022, I obtained my personal training certification in hopes to share my passion with as many clients as possible.

EDUCATION

Majoring in Accounting

University of Missouri

ACE Personal Training Certified

CONTACT

Jake Katnik

Health & Wellness Director
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IDEAL CLIENT

Anyone who is ready to take fitness seriously, willing to work hard, and is excited about their health and fitness journey

TRAINING PHILOSOPHY

I keep my clients motivated with verbal encouragement and reminders of their progress toward their goals. I spend time getting to know my clients and what matters most to them.

FAVORITE TV SHOW

Rick and Morty

