

GRACYN FLASPOHLER



MEET THE TRAINER

Growing up in a household of basketball players, I got into the sport at a young age and continued playing through high school. I truly found my passion for fitness while strength-training during my off-season. This is when I maxed-out for the first time. I was shocked about how accomplished I felt. Testing my strength and reaching new goals is what inspired me to become a personal trainer. I started working for the YMCA in March of 2022 as a child-watch and summer camp associate. I went on to receive my personal training certification, and I'm eager to help others with their fitness journeys.

EDUCATION

Majoring in Psychology

Westminster College

ACE Personal Training Certified

CONTACT

Jake Katnik

Health & Wellness Director

(573) 657-9622 ext. 303

IDEAL CLIENT

My ideal client is anyone wanting healthier lifestyle and in-need of a push.

TRAINING PHILOSOPHY

I use constant reminders that my clients are capable of pushing themselves to new limits! I like putting a positive spin on a negative outlook about the gym.

PREFERRED CHEAT MEAL

Mozzarella sticks dipped in ice cream.

