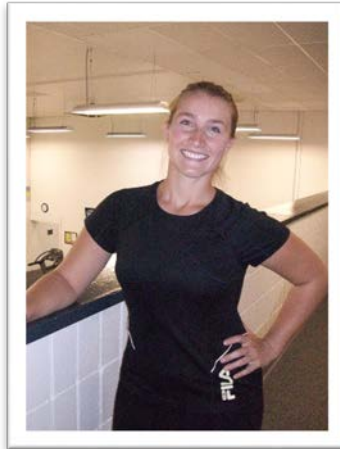


## Meet Kate Gattuso



Kate is a local from Lebanon. She is an Exercise Physiologist with a Master of Science in Kinesiology from Southern Illinois University Edwardsville, and undergraduate degrees in both Health & Wellness Promotion and Philosophy from McKendree University.

She has completed two internships with the Sports Center, where she assisted with the Healthy Lifestyle and Rock Steady Boxing programs and returns as an Exercise Specialist and Personal Trainer. Her fitness passions are heavy weight training and kick boxing.

Kate lives on a farm with her two dogs and loves hunting, fishing, biking and reading.

To schedule Personal Training with Kate, please contact the front desk.