



**KURT MAGGLE**  
**PERSONAL TRAINER**



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Master & Elite Certified Fitness Trainer (ISSA)

**About Me:**

With over a decade of hands-on experience in the fitness industry, I bring a wealth of knowledge, dedication, and proven results to every client I train. As a Master Trainer and Elite Trainer through the International Sports Sciences Association (ISSA), my mission is to guide individuals of all ages and fitness levels toward achieving their personal health and performance goals.

**Certifications:**

- Certified Fitness Trainer (ISSA)
- Specialist in Exercise Therapy
- Specialist in Fitness Nutrition
- Specialist in Senior Fitness
- Specialist in Strength and Conditioning

**Areas of Expertise:**

Building strength, recovering from injury, improving your nutrition, or maintaining a high quality of life as you age. I offer a tailored, science-based approach to help you move better, feel stronger, and live healthier.

**MENOMONIE YMCA'S**