



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KATIE GRIMES

PERSONAL TRAINER

“In my free time, I volunteer as a K9 search and rescue member, summit the many peaks throughout the PNW, kayak and ski.”

BACKGROUND

Katie has a passion for helping Baby Boomers realize their potential and for keeping clients fit for life.

As a Personal Trainer, Group Exercise Instructor and competitive athlete Katie brings a wealth of knowledge to her Personal Training.

Dedication to helping provide opportunities for people to reach their personal fitness goals is what drives Katie to be the best Personal Trainer she can be.

Katie holds eight age-group American records in Race-walking and has qualified for 50k Olympic trial 2020. She enjoys running marathons and trail endurance events.



SHERWOOD REGIONAL FAMILY YMCA

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