



KAREN ROMER

Personal Trainer

CONTACT:

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SPECIALIZATIONS

Post-rehabilitation training,
strength & conditioning

Balance & stability (core)
improvement, BOSU training

Senior exercise programs

INTERESTS



Art & Theater



Hiking



Cats & Crosswords



Promoting the Motto:
"Move more than you sit"

EDUCATION & CERTIFICATION

- BFA from University of Michigan
- ACE-Certified Personal Trainer (since 1993)
- American Red Cross CPR and AED Certified

BACKGROUND

Originally from Grand Rapids, Michigan, Karen moved to a variety of places until finally landing in the Richmond area in 2006. She has been in the fitness industry since 1984, and was a competitive body builder from 1990-2012. She spent 5 years working in the fitness center at West Point Military Academy (1995-2000) and has been at the Weinstein JCC for over 11 years.

Karen has worked with clients of all ages and abilities over her 30+ years as a trainer and continues to enjoy helping each client achieve his or her best results.

