



Certifications: Ace Personal Trainer Certification. Ace Group Fitness Instructor

Focus: Strength training, cardio, powerlifting, prep, and one-on-one.

Personal Bio: Kayla is from Mansfield, where she graduated from Madison. She was a 4-time varsity winner in track and field, qualifying for regionals, and a 4-time top 10 school record holder for shot put and discus.

As a new personal trainer, I'm looking to make a positive and major impact within the YMCA and for the people. As a consistent person, I promise to be there by your side as you start this journey to a better lifestyle and more confidence.

KAYLA TOTMAN

Ace Certified Personal Trainer