

Kai Shinn

FITNESS SPECIALIST

EDUCATION & EXPERIENCE

I am a NASM Certified Personal Trainer and Nutrition Coach with experience in working with clients of all fitness levels. I started my career at LA Fitness, where I learned how to design approachable, results-driven programs that help people build confidence in the gym. I bring a background in exercise science, nutrition, and movement screening. I focus on making training both effective and enjoyable. Whether it is one-on-one training or group fitness, my goal is to always make sure my clients are achieving their fitness goals and create long-term lifestyle changes they can actually maintain.

TRAINING STYLE & PHILOSOPHY

My training style is all about balance, pushing hard enough to see real progress, but also keeping the workouts approachable and sustainable. I focus on strength training, functional movement, and conditioning, while tailoring every program to my clients goals, fitness level, and lifestyle. I believe in building confidence through proper form, smart progression and a mix of variety and consistency that makes sure things are challenging but not overwhelming.

IF I WEREN'T WORKING IN FITNESS:

I would be playing guitar with friends and doing the hobbies I love such as working out and going out on hikes and finding pretty spots.

CONTACT ME AT

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