

Kary Austin- Certified Personal Trainer

Kary retired from a technology position in the insurance industry in the spring of 2022. Because of Kary's interests in being healthy and active, she has worked in the fitness industry since 2009 as an American Council on Exercise certified personal trainer. She has led small group classes, and private training to help clients work towards and reach their goals...all while having fun! Kary has training in kettlebells, TRX, HIIT, and strength training and enjoys working with all ages and abilities.

Kary lives with her husband in Grimes and has 3 adult children. She enjoys outside activities like gardening, biking, hiking, running, snow activities, and of course walking with the family dog.