

Kiz Adams has been a fitness instructor at the YWCO for nearly 35 years. And since 2007, Kiz has become a seasoned personal trainer, guiding clients of all levels, from dedicated athletes seeking peak performance to active retirees embracing healthy aging and even individuals navigating both pre and post-surgery recuperation. She tailors personal training programs to meet the needs, confidence, and capabilities of each person.

“I’ve often tell people that I have found the fountain of youth . . .and it is in the gym! I believe the path to a vibrant life lies in moving your body in a purposeful way every day. I love helping people feel good by helping them stay mobile, flexible, healthy, and resilient in the face of life’s challenges.”

Passion meets expertise with Kiz:

- 35 years of experience in fitness instruction, personal training, and Pilates
- Specialization in Pilates, core training, strength, and flexibility for total body conditioning
- Experienced in training clients of all fitness levels and backgrounds
- Passionate about helping people achieve their personal goals and live healthier lives