



HOMETOWN

Kernersville, NC via Kingsburg, CA
and Ithaca, NY

CERTIFICATION

TRX suspension training, Barre Above, Booty Barre, Human Reformer Pilates, LesMills BodyBalance, LesMills Sprint, LesMills BodyPump, LesMills CORE, Schwinn Cycle, Silver Sneakers Yoga, Silver Sneakers Classic, Aqualates, PiYo, Chisel, FlowFire, Fitour Personal Training. I am currently working on my 200hr Yoga certification.

SPECIALTY

Mind and Body work

FAVORITE EXERCISE

That is tough! If I have to choose one I would say any variation of a Plank

MOTTO

"You never know what you can do unless you try."
"Take time to Play."

AVAILABILITY

Saturday and Sunday
Monday-Friday (midday availability and some evening and morning availability)

BIO

I grew up on a farm in Central California. Chores and playing outside were a big part of my growing up experience and I think that is where I learned that work can also be play. I was a swimmer but never really thought of myself as an athlete, I just loved being in the water. Fast forward to my college years where I was exposed to yoga, weightlifting, and lots of hiking. I realized how much I loved moving and also that I am indeed athletic. After college when I was working as a Recreational Therapist and also a Preschool teacher it became very apparent to me that my favorite part of both jobs was the exercise and



YMCA Personal Trainer
KARYN LINDERBERRY

movement aspects. I loved getting my participants excited about moving and being strong and healthy. It was at this point I started getting certified to teach group exercise. I soon realized that was truly my passion. I was asked to certify as a personal trainer, LesMills instructor, and to also be a special programs creator. It was through this work experience that I became part of the triathlon community. Exercise has taken me on a wild and wonderful adventure. I have been so lucky to connect with amazing people and athletes throughout the years. I am so excited to be doing what I love. When I am not at the gym teaching and training I am hanging out with my husband and daughter. I love to travel and only have 11 more states left to see. I have enjoyed my international travels with Iceland, Thailand, and Central America being among my favorites. I love exploring National and State Parks and basically anywhere that takes me off the beaten path. If you see me around the YMCA please say hello!