

KEATON MORGAN

QUALIFICATIONS & CERTIFICATIONS

International Sports Sciences Association (ISSA)
Certified Personal Trainer
CPR/AED Certified
Undergraduate Student Studying
Biology On A Pre-Med Track

SPECIALIZATION

I specialize in strength training, muscle hypertrophy, and athletic performance. I enjoy working with individuals of all fitness levels and believe it is never too late to start working toward a healthier, stronger lifestyle. My goal is not only to develop a specialized training plan, but also to help clients understand the purpose behind each part of their program and how it helps them reach their goals. Through years of weightlifting experience, I have developed a passion for fitness, and more importantly, for sharing my knowledge with others.

TRAINING PHILOSOPHY

I believe fitness is about more than just reaching a goal. It's about enjoying the process and recognizing progress as it comes. One thing that I heard once that stuck with me is that a person who seeks enjoyment throughout the journey will come out ahead of the person who only finds it in results. My goal is to help clients build a positive relationship with fitness while working toward becoming stronger, healthier, and more confident.

INTERESTS & HOBBIES

Sports have been a big part of my life for as long as I can remember. Growing up, I played football and wrestled, which helped develop my love for competition and staying active. These days, I enjoy weightlifting, training Brazilian Jiu-Jitsu, and playing pickleball. My interest in sports and fitness has also played a big role in shaping my career goals, as I hope to pursue a career in sports medicine.

Contact the Edwardsville YMCA to inquire about appointment availability!

the YMCA