



METROWEST YMCA

Personal Trainer: KATRINA LADD
Health and Wellness Director

EXPERIENCE:

Originally from Wisconsin (Go Pack!) and moved out to MA the first time after her undergrad to work at MIT in their Athletics Department. After a 1 year internship she went back to WI to complete a Masters in Education at Carroll University. Upon graduation, Katrina moved back to MA in 2014 and has been in New England ever since.

Katrina has been a runner since elementary school and has become an age group endurance athlete since college. In 2012 she competed in her first triathlon and fell in love with the sport. Since then she has competed in multiple distances from sprints to Ironman. While triathlons are her sport of choice she does participate in half marathons and marathons.

In 2017, Katrina and her husband moved to Ashland and in 2019 welcomed a beautiful daughter into the world.

EDUCATION & CERTIFICATIONS:

ACE Certified Personal Trainer, Oh Ba-by! Fitness Pregnancy and Postpartum Exercise Instructor, Schwinn Indoor Cycle Certified, Former USA Triathlon Coaching Certified, BS in Kinesiology with a Coaching Minor from the University of Minnesota, M.Ed. in Health Education from Carroll University.

AVAILABILITY:

Monday - Friday | AM and PM

“A great focus with my clients is core engagement and stability as it is extremely important to setting yourself up for success as you get stronger.”

Ready to get started? Fill out this form:
[Personal Training Interest Form](#)