

Certified Personal Trainer

Gwen Kurtz



Professional Bio

I've been a personal trainer at The Women's Club since 2005 and I love every minute of it! I'm an advocate for the importance of strength training and I enjoy designing strength training programs for women based on their exercise history and fitness goals. I have experience working with special populations including, but not limited to, pre and post-surgery, arthritis, neck, shoulder and knee pain/injuries and helping to educate clients on proper body mechanics to avoid re-injury. I look forward to helping you achieve your fitness goals!

Training Qualifications

- International Sports Sciences Association (ISSA) Certified Personal Trainer
- International Sports Sciences Association (ISSA) Specialist in Fitness Therapy
- 4 years' experience as a Physical Therapy Assistant
- Personal Trainer at The Women's Club since 2005 (and loving every minute of it!)
- Bachelor's in Criminal Justice, University of Tennessee

Fun Fact – I danced tap, jazz and ballet for 15 years ☺ That experience has helped me identify potential muscle imbalances in my clients.