

Kevin Konieczka

Education: Marquette University-Milwaukee, WI

Certifications: ACSM-CPT, First Aid/CPR/AED Certified.



I love living an active lifestyle. I do everything from rock climbing to hiking and everything in between. With my education background in Physical Therapy, I have worked with a wide variety of populations ranging from stroke rehab clients to Major League Baseball players. I have found with the correct prescription of exercise along with a strong motivational pillar to lean on that no challenge is too tall. I take great pride when a client achieves a personal goal after dedicating themselves to living a healthy lifestyle.

I would love to help you become a healthier you. Whether you are looking for some new ideas or some assistance to overcome your own fitness obstacles, I am here to help. I am constantly inspired by my clients and would love to hear your story.

“Kevin challenged me every day during my rehab program. I constantly was challenged during our workouts and he never let off the gas pedal. I was able to get back to pitching sooner than my doctors told me I would and I have Kevin to thank for that.”-Sean Frericks

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