

Katie Randolph

Personal Trainer



I began my coaching journey teaching swimming as a teenager. I am a former student athlete and have had some amazing (and not so amazing) coaches along the way. As someone who is passionate about helping others "find their inner athlete," I have tried to learn from my own experiences to help shape my coaching style. I am passionate about helping each person reach his or her individual goals in an understanding, compassionate, and educated way.

Over 20 years ago, as a military spouse and mom of 4, I found a new passion in teaching group fitness and personal training, while continuing coaching and teaching swimming in North Carolina. After our move to Niceville, I founded Swim Niceville LLC in 2016 and work with kids and adults of all ages. I endeavor to create a positive relationship with physical fitness and movement with all the clients I work with. Here at Bluewater Fitness, I enjoy teaching group fitness to all ages, in the group fitness room or in the cycling studio since 2014. I am also a member of Bluewater CrossFit and love the comradery of working out with our community of friends.

I believe that personal fitness and wellness is something that should be accessible to everyone, from the beginner to the experienced athlete. Now as a mature athlete myself, I believe that exercise is the best medicine to improve our daily lives outside the gym, so that we can keep doing the things we enjoy with friends, loved ones, and independently.

Even as a personal trainer, I see myself as a "coach." The most important thing I can do is listen and understand you, to help YOU achieve YOUR goals. I would love to work with you to help you feel your best, as well as improve your quality of life. If you are or have a student athlete who is looking to improve performance in your sport, I would love to work with you too!

CREDENTIALS

- AFAA Certified Personal Trainer
- NASM Youth Exercise Specialist
- AFAA Golden Hearts Senior Fitness Training
- AFAA Cardiorespiratory Training for Sports Performance
- Burgener Strength: Weightlifting Level 1
- AFAA Primary Group Exercise
- AFAA Certified Indoor Cycling Instructor
- Red Cross First Aid/CPR/AED



TAKE ONE



Reach out to me for my availability!



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