

## Kelleen Kogane

### Fitness Forum Trainer Since 2005

Kelleen was raised in Anchorage, Alaska and moved to Tempe to attend Arizona State University. She studied elementary education but ultimately decided to work in the fitness industry.

Kelleen has been studying karate since the age of five. She is currently a third degree black belt in Goju Ryu Karate. Kelleen actively competes in tournaments locally, nationally, and internationally. She has traveled to Okinawa, Japan to train at the Goju Ryu world headquarters. Her ultimate goal is to one day have her own karate school.

Kelleen is an ISSA certified personal trainer as well as an ASEP certified coach. She is currently studying to obtain her degree in exercise and wellness. Kelleen looks forward to help you achieve all of your fitness goals.