



Gym Staff Bios



John Koenig

Personal Trainer

Koenig often says he was born to be a personal trainer. Of course, he's old enough that personal trainers didn't exist when he was a kid! But at 53 years old John continues to train with athletes half his age, maintaining vigorous standards of nutrition, health and fitness.

Competitive sports was part of Koenig's life from a young age. Through high school he was on both the baseball and swimming teams, discovering weight training at the age of 16 when coaches forbid team members from lifting weights! Remember when people worried about athletes becoming "musclebound"? Quickly John realized he enjoyed working out more than some of the team sports he was involved in. Catching the bodybuilding bug early, nutrition and eating to support training and working out soon followed. For his entire adult life John has eaten to be healthy and to enhance his fitness and training.

Over the years Koenig has competed in triathlons, powerlifting competitions and strongman events. For several years while Service Manager of the Appleton Wheel & Sprocket bike shop, he competed in road racing events on a sponsored team. With at least a decade of mountain bike races under his belt, John now concentrates on endurance off-road racing.

From the time the Iola-Scandinavia Fitness Center opened and for several years, John worked there part-time as a building supervisor, weight room supervisor, and personal trainer. Certified by A.C.E., Koenig is now working toward his N.A.S.M. (National Academy of Sports Medicine) certification. Over the years he's trained competitive bodybuilders, powerlifters and varied athletes. Additionally, as a writer and editor John worked for seven years for Testosterone magazine, editing articles and writing features, and has freelanced for other strength training and nutrition periodicals.

Working more than full-time for Gold's Gym has taught John that he has a greater capacity to help people than he knew was inside him, and he's finding his work as a Personal Trainer to be rewarding in every respect. His real-life experiences with nutrition, training and making it all work in real life has resulted in a Personal Trainer who works with people from all walks of life, with every fitness level and set of goals.