



The Racquet Club of Philadelphia

Personal Training

Personal training at The Racquet Club is a comprehensive service that provides our membership with the means to create and fulfill their fitness goals. The Racquet Club Personal Trainer possesses the knowledge and experience you need to achieve and maintain your ideal physical condition.

Chris Kempf

Chris Kempf is an enthusiastic fitness expert dedicated to catering to the fitness needs of The Racquet Club membership.

Possessing a strong interest in sports medicine and physical fitness, Chris graduated from Rutgers University with a Bachelor of Science degree in Exercise Science and Sports Studies with a concentration in Exercise Physiology. Chris has excelled at many physical therapy clinics and fitness facilities, gaining experience with diverse populations ranging from athletes to seniors, as well as persons with various injuries.

Chris' certifications include the National Strength and Conditioning Association (NSCA) as a Certified Strength and Conditioning Specialist (CSCS) and the American Council on Exercise (ACE). Chris' hard work and continual pursuit of knowledge in the fitness industry are infused in each of his personal training sessions. His training sessions are designed to help Racquet Club members increase self-esteem and fulfill personal fitness goals.

Personal Training Options



*Fitness Training
Sports Performance Training
Program Design &
Monthly Follow Up*

To schedule a personal training session with Chris:

Cell: 732.213.4224

Email: Kempf.chris@gmail.com

**FREE to new Fitness Members:
Fitness Assessment and Consultation!**