



Kiah Dorsey

About Me

I am a Kentucky native and proud resident of Campbell County. My wonderful husband and I live in Newport with our two adorable kitties. Summertime is my favorite season because it brings an array of activities that I can't get enough of. You'll often find me hiking across scenic trails, paddle boarding on tranquil waters, or taking a refreshing dip in the lake. I believe in living life to the fullest, exploring new places and never missing an opportunity to laugh.

Certification

- National Academy of Sports Medicine (NASM)
 - Personal Trainer
- Group Fitness Instructor
- Group Resistance Training: Circuit Training

Specializations

My specializations lie in body composition and functional training, with an emphasis on full-body strength circuits. Functional training mimics everyday activities enhancing strength, stability and mobility.

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"Change is a hard road to a happier life" - Kiah Dorsey

"I aspire to inspire before I expire" - Eugene Bell Jr.



Campbell County YMCA
1437 S. Ft. Thomas Ave.
Ft. Thomas, KY 41075
859 - 781 - 1814

My Y Story

My Y Story began as a member at the Campbell County YMCA. The Y was our go-to sport for fun and fitness. In early 2024, my relationship with the Y evolved as I became a Personal Trainer.

Biggest Result with a Client

One client reduced their overall body fat percentage, while also making significant strength gains, which in return fostered improved mental wellness and happiness.

How would I define my training style?

A blend of fun/challenging exercises that progressively enhance one's fitness journey.

Favorite Workout

One that engages glutes and abs.