

EDUCATION

BS in Kinesiology

Masters in Health

Education

ACE Certified Personal

Trainer

**KATRINA LADD
(DRYJA)**

AT MIT SINCE 2015

Teaching intermediate skate
and working as the Assistant

Director of DAPER

**ADVICE FROM
FUTURE SELF**

Save money for
retirement

**FAVORITE
TV SHOW**

Friends



Katrina Dryja

Katrina Dryja just began teaching in MIT in 2015, but she has a long history of fitness instruction and exercise science. She holds a Bachelor of Science in Kinesiology from the University of Minnesota and a Master of Science in Health Education from Carroll University. Katrina is also a Certified Personal Trainer. She has been teaching figure skating for over 10 years and thoroughly enjoys teaching MIT students how to skate. In her free time, Katrina is avid triathlete. She is currently training for her first Ironman – which includes an astonishing 2.4 mile swim, 112 mile bike ride and a 26.2 mile run! Wow! In addition to being a MITPE instructor, Katrina is also the Assistant Fitness Director here at DAPER. Stop by recreation and say hi to her any time!