



Meet Aiden!

Crossfit Trainer

CrossFit Level 1

My name is Aiden Kjeldsen

I am a recent UC Davis graduate in International Relations! I began doing CrossFit in 2015 and began Coaching at my local gym in 2019. I have a passion for coaching and making sure everyone who walks in the door feel welcome and motivated to improve their skills. I specialize in Olympic lifting movements and complex gymnastic skills. No matter where you are in your CrossFit journey I hope to encourage and inspire each athlete to reach their new goal/PR!

