

Chris Keyloun

Chris comes to The OUT Foundation with 5+ years of coaching experience under his belt. As a self-proclaimed Drill Sergeant / Cheerleader, his coaching style is supportive and uplifting. He loves teaching his athletes to have high standards for themselves and enjoys watching his community accomplish their fitness goals. Having taught fitness in Baltimore, Bangkok and for the last 3 years, New York City, Chris loves fostering a safe space and sense of family in all his classes.

As a collegiate rower, Chris made it to team USA selection camp for the 2016 Olympics, and loves sharing the sport of rowing. His classes emphasize skill development, and he believes that what happens in the gym is a microcosm of life. He loves getting to know the stories of his athletes, and constantly challenges his community to show up for themselves, and each other. He's looking forward to launching the OUTAthletics Community Group, and growing in strength and fitness with everyone.