

EMPLOYEE OF THE MONTH



JULIA EILERT
GROUP FITNESS INSTRUCTOR

***OCTOBER
2025***

Julia is an exceptional member of the K-State Rec group fitness team, teaching both Yoga and Pilates classes with enthusiasm and care. In addition to leading her own sessions, she has gone above and beyond by frequently covering for her co-workers and stepping up to teach private classes for various student organizations. Julia brings a consistently positive attitude and genuine kindness to every interaction, creating a welcoming environment for participants and coworkers alike. Her dedication, flexibility, and leadership truly embody the spirit of the Rec, and we are so appreciative of all she does. Thank you and congratulations, Julia!