

PERSONAL TRAINER

I'm very passionate about helping others find happiness in life and feel good about themselves. I believe that when you FEEL GOOD, you excel in life.

For me, a healthy lifestyle is much more than just lifting weights. It's about pain free movement, a healthy heart, eating well, and getting the necessary rest to recover properly. I love seeing the things my clients can achieve with hard work and a set plan. I make it a goal to help you achieve a happy and well-balanced lifestyle that will minimize health risks in your future.



Kylee

CREDENTIALS:

NASM Corrective Exercise Specialist

EDUCATION:

Personal Fitness Trainer Diploma

TRAINING LOCATIONS:

Commonwealth

Clareview