

Personal Training

Individual and Group

Kelly Fletcher

Kelly is a Nationally Certified Personal Trainer, Group Fitness, and Cycling Instructor. She has four children and lives in Brighton. She believes that just because it's exercise, doesn't mean that it can't be fun.

Kelly has helped scores of people improve their health, and achieve their fitness goals through diet and exercise in individual and group settings. She understands the significance of a healthy diet and exercise through her education as well as her personal experience of a 65 lb weight loss.

Kelly uses a scientific approach to training and instruction with a heavy emphasis on kinesiology for the prevention of injuries and to accommodate those with special needs. She is tough and motivational.



KELLY'S CERTIFICATIONS

- ACE Certified Personal Trainer
- AFAA Certified Group Trainer
- Johnny G Certified Spinning Instructor
- YMCA Certified Indoor Cycling Instructor
- YMCA Certified Personal Trainer
- YMCA Certified Group Trainer
- YMCA Certification - Principles for Effective Weight Loss
- YMCA Certification - Healthy Lifestyle Principles
- CPR/AED

