

# Personal Trainer



## Kelly Hadley

Kelly Hadley is living her dream each time she leads someone towards a healthier lifestyle. She has been a personal trainer for over five years. Kelly obtained her Associates Degree in Liberal Arts from Dutchess Community College with a focus on Exercise Science, Group Fitness Instruction and Personal Training. She is now in her junior year at Mercy College in Dobbs Ferry, NY, studying for her Bachelor's Degree in Clinical Exercise Science.

Kelly Hadley's philosophy as a trainer is all about balance, with an emphasis on muscular strength, physical endurance, basic nutrition, flexibility and mental stimulation.

Why would you want to train with Kelly Hadley? The reasons are endless. Not only can Kelly lead you in the right direction to reach your fitness goals, but she can help you maintain a healthy lifestyle as well as improve the quality of your life through fitness.

### *Certifications:*

- **Personal Trainer Certification**, NCSF  
National Council on Strength and Fitness
- **TRX, Suspension Training Certified**
- **Certified Spin Instructor**, Madd Dogg
- **First Aid, CPR, & AED Certified**  
American Heart Association



*Take care of your body, it's the only place you have to live.*

Call Kelly at All Sport Health and Fitness at 896-5678, ext.167 to set up an appointment. Kelly can also be reached at [Kelly@allsporthealthandfitness.com](mailto:Kelly@allsporthealthandfitness.com)

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