

Ashley Kelley

C: 443-462-0656

NFPT Certified Personal Trainer
Health and Fitness Editor for TTF Magazine
Fitness Model and Actress

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Profile

Ashley Kelley brings creativity, intensity and all over goofiness to her workout routines. She diligently works to tailor programs to each client and/or class to give maximum results and permanent lifestyle changes.

Experience

Ashley Kelley Private Training

Private, In home training including one on one sessions with clients. I tailor each workout for individual clients of all genders, shapes and sizes, and goals. I am qualified to work with injuries, illnesses, and other physical ailments.

Tough Mudder Bootcamp; Brooklyn NY - 2017-Present

Tough Mudder Bootcamps take place at the newly created Tough Mudder Gym Headquarters in Brooklyn. Classes are meant to train beginner level groups to compete in the obstacle course. I teach and assist in coaching weekly classes, adjusting workouts and boosting group morale.

Brooklyn Boulders; Brooklyn NY - 2016-2017

Brooklyn Boulders is a Rock climbing gym located in the heart of Brooklyn. I taught Bootcamp classes throughout the week and privately trained clients in a specialty gym setting.

Rose Fitness Personal Trainer; NY/NY – 2015-2017

Rose Fitness is a private studio based personal training program. Workouts are performed in private studios, outdoors, or at the clients home. I construct and implement exercise programs, monitor progress, and motivate clients to reach their health and fitness goals.

The Trend'n Female Magazine Health and Fitness Editor - NY/NY – 2015-Present

TTF Magazine is a Female targeted media meant to encourage and inspire young women in health, beauty, fitness, and many other categories. As the Health and Fitness Editor, I give motivational advice, workout routines, and recipes for a healthy diet.

Fitness Model/Actress - NY/NY – 2011- Present

Fitness Modeling and Brand Promotion on social media. Working and posing for TTF Magazine and brands such as Samsung Mobile, Rapide Fitness Equipment, Health Up Nutrition, Better Beast Peanut Butter, Sweet Meat Clean Jerky, National Parks, and much more.

Education

Skills

NFPT Certified Personal Trainer

High Intensity Interval Training, Bootcamps, Cardio Training, Weight Loss Clients, Weight Gain Clients, Creating Unique Routines, and Making Fantastic Low Carb Muffins.