***FAQs Questions:***

\*\*\*Feel free to change/delete/reword questions and answers\*\*\*

1. **Q:** How do I schedule classes/personal training?

**A:** (what Kelly would like to say + link to either classes page or class scheduling page

1. **Q:** Are men able to participate in classes, personal training and nutritional workshops?

**A:** Absolutely! A majority of our clients are female, although, we always welcome anyone who is willing to better their life with open arms, regardless of their gender, background or origins! Here at KellyKinetix, we pride ourselves on our team spirit so that we can all collectively meet our goals

1. **Q:** How often nutritional workshops and classes like “body resilience” and “body strengthening?

**A:** (was somewhat unsure of answer, I think biweekly for nutritional workshops and unsure on other classes)

1. **Q:** Are classes only offered online?

**A:**

1. **Q:** What is the best way to contact you?

**A:**