

KIM KELLAGHER

BS, CPT

Certified Personal Trainer



Education & Certifications:

B.S. in Communication Arts, journalism from James Madison University.
A.C.E. Personal Trainer since 1998; AAI and Cycle Reebok cycle certifications; Kickbox certification with Thomas the Promise/ISCA; Les Mill Body Combat certified instructor; BOSU certified instructor.

Specialty:

Have competed in running races and events ranging from 5k to half-marathons, various duathlons and sprint triathlons, and cycling events ranging from 15 mile to 150 mile rides.

Philosophy:

Bring your best, no excuses. When all else fails, just keep moving.

