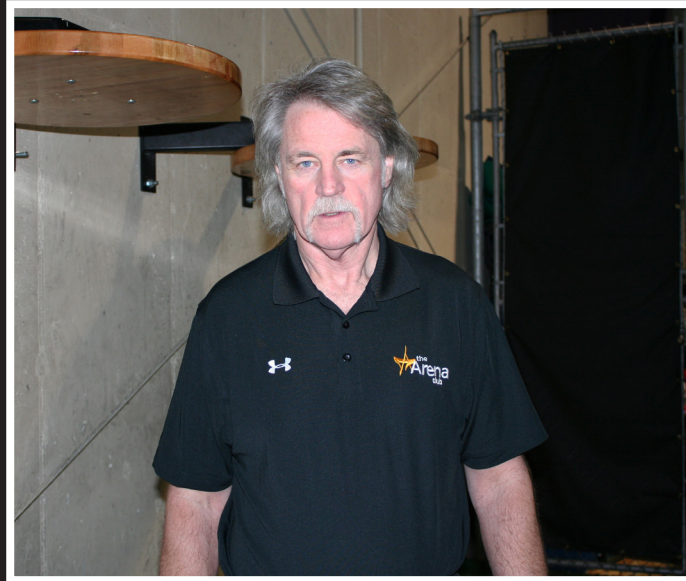


# Kevin Reilly

CPT

*Certified Personal Trainer*



## Education & Certifications:

MA Physical Education, McDaniel College; BA Physical Education, Shepherd University  
ACSM, NSPA, CPT

## Specialty:

Fitness programming for individuals of all ages.

Post rehabilitation fitness training for individuals recovering from joint problems.

Personal interest in self-defense based fitness training.

Over thirty years of coaching experience at the high school and collegiate level specializing in specific sport movement skills, injury prevention, speed & agility enhancement.

## Philosophy:

My background provides me with the unique experience and training to help individuals of all ages and abilities. I believe exercise can enhance the quality of anyone's life.

