




KELLY PIETRZAK

Personal Trainer

CONTACT ME

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ON A PERSONAL NOTE

- *Her passion is to help educate children in healthy athletic movements and lifestyle culture*
- *If she's not working out or trying new recipes, you'll find Kelly outside on the trails with her three dogs, running or playing fetch*

FAVORITE MOTTO

- *"When the going gets tough, the tough get going!"*



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ABOUT ME

As a prior college athlete, Kelly hopes to inspire the continuation of athletics from a holistic approach. Looking at the body as a whole, she focuses on personal training methods specific to an individual's needs. With over 5 years of personal training experience, she believes overcoming adversity is the key to consistency. She loves to find passion within new clients, and is up to the challenge of educating and helping every client throughout their journey.

PROFESSIONAL EXPERIENCES & ACHIEVEMENTS

Kelly is a graduate from Northern Michigan University with a bachelor's degree in Sports Science and a minor in Psychology and Coaching. She was an NCAA D2 athlete in cross country, indoor track, and outdoor track and field. During her senior year she also became a volunteer assistant coach for the college track team. She is a certified personal trainer through the National Academy of Sports Medicine, and a certified MHSAA coach for beginner, intermediate, and advanced athletes.

DID YOU KNOW?

Kelly is a trail runner, and won her first 50k ultra-marathon in 2018. She has summited South Teton in the Grand Tetons of Wyoming at an elevation of 12,315 ft. Her lifelong goal is to earn a Golden Ticket to race in Western States 100.



Get in. Get fit. Get the most out of life.