



## **Patsy McLean**

PTS, MES, NWS, ACE GFI

### **Education:**

- Personal Training Specialist/Can-Fit-Pro
- CPR/First Aid - Red Cross
- Medical Exercise Specialist/American Academy of Health, Fitness and Rehabilitation Professionals
- Nutrition and Wellness Specialist/Can-Fit-Pro
- ACE Group Fitness Instructor/American Council on Exercise (NCCA Accredited)
- Reebok Spinning Instructor Certification

### **Philosophy**

Living life to the fullest and enjoying every moment is how Patsy lives her life. She believes living a balanced life including work, play, regular exercise and healthy choices will ultimately assist you to live longer, stronger, and happier. Helping to promote these values in others has become a passion for Patsy over the years, having seen simple changes result in enormous gains for the client.

Patsy is also quite passionate about running and boot camp! She has participated in Marathon events including Barbados, Alaska, San Francisco, Hawaii, Arizona, Nashville, and San Diego! Patsy recently took a group of ladies to California for a week of boot camp on the beach! Everyone worked out 3-4 hrs per day enjoying different activities: boot camp, yoga, spinning, biking, running, rollerblading, horseback riding, etc.... all in the beautiful California sun!! So much fun!!

Patsy would love to share her fitness knowledge, training programs and enthusiasm with you. Coaching/motivating is her specialty!!

**PERSONAL  
TRAINING**

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cambridge group of clubs

Contact Mary Ann Lee,  
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