



Susan Kelly

CPT, NWS, PFS, Level 2 Tennis Coach

Education:

- Occupational Therapist/Physiotherapist Assistant Program - Humber College
- Certified Personal Trainer – Can-Fit-Pro
- Tennis Canada Level II Certified Tennis Instructor
- CPR/First Aid Certified
- Nutrition and Wellness Specialist – Can-Fit-Pro
- Pre and Post Natal Fitness Specialist – Can-Fit-Pro
- RTSLevel1

Philosophy

Health and fitness has always been a part of Susan's life since early childhood. As a competitive tennis player in her younger years, Susan developed a strong dedication to being fit and active, eating healthy and maintaining a well balanced lifestyle. As a personal trainer, she is dedicated to helping her clients achieve their health and fitness goals. She is an enthusiastic and highly motivating individual, who believes you can do anything you put your mind to. Susan has a firm belief that one should create a balance of health and fitness as a lifestyle, and not just a quick fix to lose weight and look good on the outside. Not only are there physical benefits from being active and creating that balance of health and nutrition; but also the positive mental benefits that accompany this active lifestyle. Feeling good on the inside is just as important as looking good on the outside; if not, more. Susan thrives on seeing her clients reach their goals both physically and mentally; motivating them along the way.

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