

CERTIFICATIONS

Bachelor of Science -Nutrition

**NASM-Certified Personal Trainer
(CPT)**

**NASM-Certified Wellness Coach
(CWC)**

**Focus: Self confidence and building
healthy habits**

CONTACT INFORMATION

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THE BRICK

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Burleson, TX 76028

KELLY RUSSELL

PERSONAL TRAINER

THE CITY OF
BURLESON
TEXAS

**Parks and
Recreation**

BIO

Hi! I'm so happy to be here and I can't wait to meet you. After receiving my degree from Texas A&M, I married the love of my life and bounced around the globe per military orders; my best souvenirs are my lovely children. I'm a native Texan so I'm excited to say my roots are now here in Burleson. I knew I wanted to be a personal trainer but also something...more. So I became a Wellness Coach as well so that I could help people reach their goals mentally and emotionally, not just physically. Let's be a team and work together towards your goals.



PERSONAL TRAINING SERVICES

1 HOUR PERSONAL SESSION: \$50

Buy 5 or more personal training sessions receive \$5 off per session, buy 10 sessions receive 1 free (Hour Only sessions)

30 MINUTE PERSONAL SESSION: \$25

1 HOUR GROUP SESSION: \$65

Unused sessions expire after 6 months from date of purchase

BODY FAT TESTING: \$10

Sessions are by appointment only