

# APEX CENTRE PERSONAL TRAINER



“Set a small goal each day to work towards your BIG goal”

Before I became a personal trainer and integrative health practitioner, I spent time in both the aviation and fitness franchising industries. Although I had success in both, what really fueled my interest was working with people and the gratification of helping them find solutions.

Together, we set fitness and nutritional goals that are attainable to help you become physically and mentally stronger than you’ve ever been. It’s my mission to help you shift your mindset to FEEL the positive benefits of fitness and healthy choices.

## MEET

# Kelly Terwilliger

Certifications and Education:

- NCCPT Certified Personal Trainer
- PN1 Certified Macro Coach
- Certified Faster Way To Fat Loss
- Coach and Head Trainer
- Integrative Health Practitioner

Areas of Expertise:

- Fat Loss
- Weight Loss
- Strength Training Specialist
- Nutrition Coach with a focus on gut and hormone health
- Macro coaching for fat loss or muscle gain

**Kelly is just one of our personal trainers helping our members reach their peak!**

Stop by the customer service desk to learn more about all the personal training options.

For inquiries, email [apex-fitness@mckinneytexas.org](mailto:apex-fitness@mckinneytexas.org)

[WWW.APEXCENTRE.ORG](http://WWW.APEXCENTRE.ORG)

