

# strong coffey personal training



## kelly coffey

Certified Personal Trainer (American College of Sports Medicine) and alumna Kelly Coffey successfully transformed her own lifestyle, creating a body she loves after years of struggling with obesity. She's excited to help you do the same. Make your health a priority this semester, and enjoy the advantage of working with a trainer that...

- Understands the pressures of being a Smith student (Kelly's an '02)
- Appreciates how hard it is to begin a fitness regimen
- Has support to offer based on her own experience

Tap into new stores of energy! Feel the satisfaction of accomplishing long-standing goals! Feel stronger, healthier and more in control!



visit

[www.strongcoffey.com](http://www.strongcoffey.com)

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