

meet

KELLY RICHARDS

PERSONAL TRAINER

ABOUT ME

I have an athletic background as an elite swimmer. I have years of experience as a triathlete and swimmer and have competed in endurance events that include Ironman and Escape from Alcatraz open water swims.

I am passionate about learning how the body functions. Through kindness, acceptance and gratitude I can help you develop a strong mind and body connection. My teaching style is rooted in length and strength. Whether you are an athlete looking to improve performance, or just wanting to feel better in your everyday life, I strive to help you live your life in a strong and healthy body.

When I'm not working, I'm out, exploring local trails with my special-needs dog Remington. I have four grown children and have been married to my high school sweetheart for over 30 years. I compete in extreme endurance, athletic events and have a passion for traveling.

SPECIALTY

Triathlon Conditioning

MY MOTTO

Stand in your truth.

QUALIFICATIONS

BS in [MAJOR] - Oregon State University [YEAR]

Certified Personal Trainer - National Academy of Sports Medicine

500 RYT - Vinyasa Yoga

Pilates Instructor - Polestar Pilates

Trauma and Kids Yoga Instructor

Masters Swim Coach

Contact Kelly at krichards@spokanecub.org

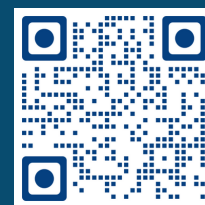


WHY I BECAME A PERSONAL TRAINER

I became a trainer because I have a passion for helping others and wanted to continue educating myself.

WHAT I DO TO STAY IN SHAPE

I stay in shape through walking, yoga, pilates, swimming, biking, running, hiking, stretching, and lifting weights. Anything I can do, I do it.



SCHEDULE WITH ME