

meet

RAEHEL ALLEN

PERSONAL TRAINER

ABOUT ME

I grew up in Kalispell, MT and joined the military right out of high school. I spent 8 years in the US Navy where I worked in military law and deployment support. I developed a love for fitness and health in the military during the semi-annual personnel readiness tests we were required to take. I loved seeing how far I could push my body and mental endurance to achieve something I previously thought unattainable. This enthusiasm for fitness quickly turned to a desire for something more when I was selected to lead group military fitness sessions and I saw first hand the positive impact physical fitness has on both the mind and body.

I teach and have experience in Olympic-style lifting (I have competed in CrossFit competitions); high intensity bootcamps; low-impact barre and resistance band workouts; Vinyasa Flow and recovery style yoga; low-impact strength training; core conditioning; and running.

I have a passion for connecting with people and helping them to set and achieve their individual fitness goals. I bring an upbeat, high-energy, positive, and friendly attitude into each class I instruct and every one-on-one personal training session that I lead. I am committed to creating an environment where you will feel supported in your fitness journey, and to making it fun along the way.

SPECIALTIES

Endurance Training and Core Strengthening

MY MOTTO

Train like your life depends on it.

QUALIFICATIONS

BS in Public Relations & Marketing - Montana State University (2012)

Masters in Business Administration - University of Maryland (2015)

Certified Personal Trainer - National Academy of Sports Medicine

Certified Yoga Teacher - YogaFit

US Navy Command Fitness Leader

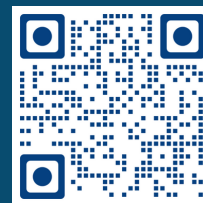
Contact Raechel at rallen@spokaneclub.org



WHAT MY CLIENTS SAY

"We have had amazing success with Raechel as a fitness trainer, yoga instructor and wellness coach. My husband, daughter and I each get pushed, supported and motivated in ways that meet our individual needs and goals. With Raechel by our side we have maintained and exceeded our fitness and wellness goals! We wouldn't be as successful without her knowledge and guidance -- we thoroughly enjoy getting our fitness on with Raechel!"
Karen Kranz

"Raechel continuously inspires me to be the best version of myself. Through her encouragement, support, and knowledge, I am also hyped to work out and continue my fitness journey. Working with Raechel, I have never felt as strong or confident as I do now."
Cheyenne Callaghan



SCHEDULE WITH ME