



KELLY DUBOIS

Kelly holds a Bachelor of Science degree in Biology from Rutgers University as well as an Associate of Science degree in the Physical Therapy Assistant program from Essex County College. She is a National Academy of Sports Medicine-certified personal trainer, Precision Nutrition-certified coach, C.H.E.K. Institute-certified holistic lifestyle coach, Dragon Door Hardstyle Kettlebell-certified instructor and Animal Flow-certified coach. Kelly's training approach focuses on improving movement patterns, body composition and strength using functional movements and mobility. Areas of specialty include strength training, metabolic conditioning, core stability, boxing instruction, nutrition coaching, post-orthopedic rehabilitation and PNF stretching.