

There are 3 things I think about as I leave a workout class with Kelly. First, what a great way to start my day. Second, I do things in this class that I would never be doing at home. Last but not least, I am so fortunate to have someone like Kelly that puts so much passion and dedication into teaching us to take better care of ourselves. Jean Tanghe

My name is Rose Cardamone and I have been at Kelly's Fitness for about three years. I am 46 and feel better now than I ever have. I feel stronger, healthier, more confident and happier. I try to go to Kelly's three times a week and I very much look forward to each class. You never what is in store each time you go and I love that. I do know it will be challenging and I am up for that. It is a wonderful group of people too. We all try to encourage one another and we have a lot of laughs together. The class is very inspiring! It is like another family. Kelly's Fitness has also taught me many tips on how to stay healthy as we go through life. Kelly's classes make me an all around better person inside and out! Rose Cardamone

Hi Kelly,

Your classes are unlike any fitness experience I've ever had. I love the fact that I don't have to go to a gym or buy expensive equipment; I'm able to fit the program into my busy schedule and I'm obtaining better results than any other program. It has been the best value of my time, efforts and money. Weight loss wasn't my primary reason for joining, but in the process, I lost about 10 lbs. of fat; dropped 3 sizes in pants and at least doubled my strength. I feel better than I've felt in at least 20 years. Your educational tips, including advice on nutrition, are an added plus. Thanks for sharing your passion to help people improve their health and lives by reaching their fitness goals.

- Mary

Kelly's workouts have blessed me in just amazing ways. I found a place to challenge how I care for myself from a dietary and physical fitness perspective. Little did I know that as I feel changes starting to take hold how it has reached into my whole being of accepting myself where I am and desiring to progress in a direction that pleases God. Mind, body and spirit all working towards who I can be, one step at a time. I love that we are kindred spirits working out together and sharing honest progress and many argggghs. The clarity that comes in my thinking and physical strength in my body are an enjoyable reward I look forward to after every workout. I am very grateful for Kelly's commitment to us and the gals I workout with that I consider my friends! Wendy

Dear Kelly,

When I first called about your classes last year, I told you I was over 60, had severe scoliosis and was recovering from a stroke that had weakened my left side and affected my balance. You so encouraged me...I felt like I had a cheerleader on my side! I took Pilates last summer, did the Saturday classes last winter, and back to Pilates this fall. In all your classes I was challenged, but never embarrassed if I couldn't do what everyone else was doing. You encouraged me to work at my own pace. You helped by adapting a routine that I struggled with to one where I could be successful and build to the more challenging form. During the Saturday classes last fall, I could only do walking lunges if I walked beside a wall for balance; by spring, I was walking and lunging independently. Your classes have had a definite impact on my balance and strength! As you vary the routines for each workout, I always come away feeling my back has been stretched and is more limber. As a side benefit, I also went down a notch on my belt as I also became more aware of my food intake. Thanks for the encouragement to do my best and for routines that keep me healthy!

Jeanne Myers

Thanks Kelly. Linda and I were talking on the ride home, and we are both so glad to be back into a fitness routine. Today class was challenging. But, I did it. I'm running a 5k in Doylestown on September 11 (Travis Manion race...for the forgotten heroes). Because of your hard and effective workouts I was able to run 4 miles without training. You truly are the best!!!!

Hi Kelly,

An official thanks for all you and your classes have done for me in the past two years. I joined your class with the specific goal of improving bone density after a bone scan indicated I had osteopenia. My physician suggested I start taking a prescription medication to address the concern. I decided I would first try increasing my calcium, Vit D, and add weight training to my usual exercise of daily walks. I am delighted to share my most recent test revealed the spine stable and only a very slight decline in bone density of the left hip. My advice from my physician, no need to add prescription medication, "keep doing whatever it is you are doing." THANKS Kelly!

Barb

Kelly,

I am starting to see results from coming to class and eating clean. You truly are the best at motivating and are so dedicated to each and every one of us.

You are teaching me the right way to eat....answered 27 out of 33 with "d". Can you bring your scale to workout on Wednesday? I think I have three more classes and, then I would like to do the unlimited for a month.

Thank you Kelly for all your hard work and for having "THE BEST PROGRAM AROUND" Have a peaceful day.

Gerri

Hi Kelly. It has been such an unbelievable experience for me to be involved in your classes. When I had my heart attack 4 years ago, I was 20 lbs thinner, all my lab values were great and no one ever would have thought that I could have had a heart attack. But genes prevail as my mother had a heart attack at age 45 but she passed away leaving 7 kids ages 4 to 18 with my dad. He was a great man and a terrific father and kept us all on track. We all graduated from college without drugs, alcohol, and all the other stuff that can sometimes go wrong even in the best of families. I have been actively exercising since finishing cardiac rehab after the heart attack, and have NEVER felt the way I do now after starting classes with you. I think your training that incorporates traditional with both yoga and pilates influences really have me feeling more whole, centered, healthy, and able to deal with the latest medical condition and the end of my marriage. Faith, family, and friends have gotten me this far, and now you have been placed as yet another hand to help me continue along this path with support, encouragement, and direction toward health in body, mind, and soul. Thank you, you have no idea how much strength you have given me. Chris

Hi Kelly!

I was just thinking about you and wanted to drop you a quick note. Your web site looks fantastic, I enjoyed seeing all the new links and information.

One thing I miss most about Philly is YOU!

I have not found my Kelly replacement.

I hope you are doing well!

Jane V

Hi Kelly,

I loved it - it is just right for me at my weight and fitness level. And I can see how if I was in better shape it would be easy to "step it up".

So for me, things are fine the way it is. I feel GREAT.

You are very encouraging, and not intimidating and fun and friendly. You also explain why certain moves are important (spinal flexibility is first to go but you can get it back, etc.) I like being educated.

I was so excited to bring my friends because I knew they would like you immediately! God has certainly gifted you with the passion and personality for this job! THANKS!

Wendy

Kelly,

I have been wanting to tell you how much I enjoy your classes (although during them I am not liking them as much :-)) just being funny!)

You are such a sweet person and always have a welcoming smile on your face! You make everyone feel real comfortable. And I appreciate how you are always encouraging everyone. Hope to see you tomorrow!

Kristi

Hi Kelly,

Let me first start off by saying "Thank You"! You are truly an inspiration. Kelly's Fitness is a wonderful place to workout. It is the "Best Kept Secret In Town", even though your classes are usually full. I look forward to coming to class and working out with so many amazing women, especially you. Through your constant motivation and fitness knowledge, I have been able to meet many of the goals that I have set out to accomplish during this bootcamp. The number one goal I wanted to achieve was to get myself motivated and back in to a daily fitness routine. Mission accomplished! I am now working out at home again when I am unable to get to class. Even though I have always had a good handle on controlling my diet and my weight, I really noticed my muscle tone and overall feeling was somewhat deteriorating before I started the bootcamp. I needed to have accountability and the bootcamp was the perfect avenue. My goal was really not to lose weight (maybe 5 pounds) but to become stronger, build muscle and become leaner. I feel that I am on my way! Over the past several weeks I have begun to notice that my clothes are so much more comfortable. I am really looking forward to wearing my summer wardrobe.

I have learned so much from you over the past few years and I look forward to building upon the knowledge that you have shared. Even though you are always challenging us, you keep it realistic. The one thing that I really admire is that each class routine is different. You are constantly introducing new material and I do believe that this has contributed to much of the success of the women attending your classes. You know what we are

all capable of and teach every one of us what we need to do to reach the next level. Everyone is looking great!!!!

Thanks again, Kelly!

**Sincerely,
Meg**

Thanks so much Kelly! I sing your praises everyday. Many people ask what I have been doing, etc. In eight weeks, you have given me the knowledge and understanding to improve my nutrition and fitness level. I now feel energized, motivated and more confident. I am ready to take it to the next level. I know I still have a lot to learn and improve upon in both nutrition and exercise. I am actually wearing a pair of pants today that I haven't been able to wear in at least a year and they feel comfortable! Thank you, thank you, thank you. I am really looking forward to the next session and hopefully summer training sessions as well. I will be able to schedule during the day once school is out. See you on Monday to set new goals!

Have a great day!

Heidi

Heidi Long

Hi Kelly,

Remember me? Dianne Poppe. I have been meaning to write for so long to update you on things. We moved over the summer back to Wyckoff, NJ - Bergen County. Didn't you say you were from this area? Anyway, just finished nursing my second child (18 months already) and I am so ready for some me time, i.e. working out. I was lax over the summer/fall with the move, Chris' new job, etc. but I am now in the process of interviewing personal trainers. There is no one like you! I feel like I learned some much from you sometimes I know more than these people. I wish there was someone like you here! I sure could use an 8 week bootcamp. The thing is I know how to eat and what to do to see results I just can't seem to motivate myself. I need accountability to someone.

Is there anything in particular I should look for in a personal trainer? Do you know of anyone in this area!

I go to your website all the time. I miss your bootcamps! Thank you for all you've done for me.

Dianne Poppe

Kelly,

I want to tell you something that I've been meaning to tell you before now.

You are an amazing inspiration and give me and so many others the ability to dig deep inside and find our strengths. Not just physically but mentally and

emotionally, you provide people the tools of empowerment. I'm proud to know you and most proud to help you build your business any way I can. You deserve to be successful because you give from the heart.

I just wanted to thank you for being you.

Karen

Hi Kelly: The other day my husband and I went out to lunch and starting talking about my exercise classes. He was curious as to why this was the first program that I truly kept up with. He has seen in the past that I would join a gym and never really commit to the program. The answer I told him was simple. I am never bored with Kelly's classes. They are always challenging, fun, and she keeps them fresh and exciting. Even though I am not at the size and weight I would love to be, I always feel good about myself after I do one of your classes. Thanks Kelly. Gerri

Kelly,

I just wanted you to know that you have the best workout around. I would never dream of quitting the best thing that's happened to me in a long time. I feel great!! You make each day new and exciting--it is never the same, therefore, never boring. You are such a pleasure. You are fun, friendly, warm and extremely encouraging to all in your class.

Thank you for giving me the desire to continue with my goal of getting in the best physical shape that I can!

Linda

I truly enjoy all of your classes, especially the variety. All of the knowledge I have gained during the Boot Camp classes has been great, although I'm still digesting it all. I've always enjoyed working out but felt that pieces were missing. You have enabled me to look at fitness in a whole new light. I agree with your statement last class concerning the importance of weight training as we age. My father fractured his upper humerus and needed a partial shoulder replacement. Fortunately he's doing fairly well, but he was told that he may not

regain full use of his arm/shoulder (if he had only listened to his daughter who tried to tell him to work out and lift!) Thanks again.

Ana Maria

Hey, Kelly!!!! No quitters here!!!! I'll see you tomorrow.....the classes over the last 1&1/2 years has changed my body more than I can say and I have changed some eating thanks to your help but the exercise is it for me and I'll NEVER quit so hopefully you will always be teaching as you are.....THANKS!!!!!! Gratefully, Rosa

Hi Kelly,

I just wanted to let you know that I really enjoy your classes. You do such a great job. You keep it fun and tough. I've been coming for two months now and I feel and see the difference. The people are so friendly too. Everyone seems to motivate each other.

Rose

Kelly,

I really enjoyed the workout. I go to a gym now about 3,4,or 5 times a week. I couldn't believe how much my butt hurt after just 1 of your classes. I thought I was in pretty good shape. It made me think that I really need to change the daily grind that I've been doing so I am looking forward to your workouts.

See you soon and I hope you enjoy the July 4th holiday.

Donna

Keep up your awesome work ... you are really changing women's lives with your program. I can tell you are doing this with your heart and soul and its quite inspiring :0)

Enjoy the rest of your summer,

Laurie

Good Morning, Kelly – thanks for the articles – they are always helpful – and, yes, you do a great job searching “far and wide” to make each and every class fun. Will miss today as my boss is out and I needed to fill in for her. But I will be there Wed and Thursday and possibly bring a friend to try out your pilates. Always look forward to working out with you and the rest of the wonderful people. Thanks again for your enthusiasm and helping us all become stronger. Bernadette

Kelly

What a great class! I wish I could come to your classes more often, but I work full time and my only day off is Tues. I usually make it to the gym on week-ends and early morning before work. I have tried personal training before but I have a hard time scheduling because my kids and work. I have told several people about your classes and web sight. I will see you again whenever I can. Thanks for an awesome work out.

Linda