

Kala Donnelly



The *Lifestyle*
Center
A division of Kaweah Delta Health Care District

Certifications Education

B.S. Exercise Physiology, Chico State University
Aerobics and Fitness Association of America
AFAA Certified Personal Trainer

Training Specializations

Athletic Performance Enhancement, Strength,
Power and Speed Development, Functional
Movement, Power Lifting, Weight Loss

Trainer Philosophy

“Strive for progress, not perfection”- I believe that everyone has the ability to move efficiently and effectively no matter the age or fitness level. I train each person individually based on personal goals and the demands of each person.

Personal Hobbies Interests

Sports Enthusiast / Hiking
Coaching / Teaching /
Playing Recreational Soccer