

Kevin Scanlon

Personal Trainer/Group Exercise

For more than 20 years, Kevin has been assisting clients in creating strategies for eating, exercise and stress management that fit their goals and lifestyle. As a Certified Strength and Conditioning Specialist (NSCA) with a holistic, mind/body approach to training, his workouts are developed to be both challenging and uplifting.

Kevin has studied and practiced with some of the greatest leaders in the health and wellness industries including Deepak Chopra, Paul Chek, John Hinds and Juan Carlos Santana. His studies have included Functional Strength Training, Sports Conditioning, Yoga and Meditation, Holistic Nutrition, Stress Management and Flexibility Training.

Kevin draws upon the best aspects of these areas to find those that will have the greatest impact on his client's health and wellbeing. He has a simple training philosophy in which his goal is to have each client feel far better after a workout than they did before it.

