



Kaylee

CERTIFICATIONS

NCSF-Certified Personal Trainer

PFTA-Certified Personal Trainer



PERSONAL INFO

My name is Kaylee Kibbee and I received my two certifications from the National Council of Strength & Fitness and Professional Fitness Training Association. I am currently a Junior here at UNT and am majoring in Kinesiology. I plan to further my education by going to graduate school to receive my DPT and become a Physical Therapist. I have worked with a broad range of clientele from beginners to training for triathlons and specialize in weight loss and body building. I do this by incorporating weight lifting, circuits, and unique HIIT workouts. I have fallen in love with fitness and am very passionate about helping others feel like the best version of themselves. As the trainer, my goal is to create a positive, motivating, and fun environment for my clients so that they not only feel more confident in their own skin, but create a positive relationship with living a healthy lifestyle.



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