



KRISTY BREULER

*Spa & Fitness Director at
Kensington Golf & Country Club
in Naples, Florida*



PERSONAL PROFILE & BIOGRAPHY

Kristy grew up in the fitness industry with her mother & sister being fitness instructors. Kristy started teaching her own classes in 1991, while in college, where she earned a Bachelor of Arts in Exceptional Education & Florida Teaching Certification.

Her fitness teaching history includes a variety of classes; boot camp, senior fitness, water aerobics, pre-natal fitness, chair yoga, circuit training, yogalates, mommy & me fitness, Drums Alive, Mat & Equipment Pilates, spinning, yoga & golf sports conditioning. Kristy, specializing in GOLF FITNESS OVER 50, is ready to meet you and set up your physical golf screening.

Kristy is one of the very few trainers in the area who is a Certified Titleist Performance Institute Level 3 Instructor. Kristy's pilates education is the highest level achieved (Comprehensive Peak instructor).