



CALVERT COUNTY DEPARTMENT  
OF PARKS AND RECREATION  
NORTHERN DISTRICT PRESENTS



## MEET: Kelly Favret

**What do you teach? Almighty Fitness—which includes different formats such as Body Strength, Barre and Cardio/Strength Intervals.**

**How long have you been teaching your class? Over 10 years**

**Profession when you're not teaching: This is my full time profession! But also a full time MOM.**

**Certifications: Kelly is a certified Strength and Conditioning Specialist/ Personal Trainer / Group Fitness Instructor & Certified Health Coach. Kelly has a Masters Degree in Physical Education, Exercise Science.**

**More about Kelly: I love teaching all types of workouts but my favorite thing is motivating and inspiring people to become the best version of themselves. In my spare time I have a passion for healthy cooking, watching Netflix and spending time at the beach with my family!**