



TRAINING DIRECTOR

A.J KELLY MA, CSCS, TRX

Major: Exercise Science Minor: Strength and Conditioning from University of Wisconsin La Crosse

Master's: Sport Management from Minnesota State Mankato

National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialist since 2005

TRX Certified since 2015

CPR & AED Certified

A.J Kelly has been in the fitness industry for 17 years and has specialized in fitness/weight loss retreats for the past 7. He has worked as a Strength and Conditioning coach at University of Minnesota, Minnesota State Mankato, Detroit Tiger, and at the high school level. Through his career AJ has worked with wide range of clients ranging in client's goals such as those that want to lose 100+ pounds, worked around knee replacements and hip surgeries, clients that are looking to gain weight, etc. Like to think there is not an injury or limitation he has yet to see and will always strive his best to make the proper modifications for that client and get the most out of every client.



JENNA HOFFMAN

TRAINER & NUTRITIONIST

Major: Health Sciences with a concentration in Nutrition

Minor: Human Services and Psychology

Master's: Human Nutrition in 2019

CPR & AED Certified

Jenna Hoffman, a four-year collegiate athlete, joined the Fit Farm team as an Intern in May of 2018 and became a permanent fixture in September, working as a personal trainer and providing nutritional advice. She attended the University of Bridgeport, and in 2015, Jenna received a Bachelor of Science degree in Health Sciences with a concentration in Nutrition, as well as minors in Human Services and Psychology. She will complete her Masters in Human Nutrition in 2019. Jenna has worked with many different age groups to help develop their overall health and wellness goals. This includes the Boston Children's Hospital, where she counseled youth through age 18 about the value and importance of good nutrition and exercise. This experience enabled her to work privately with a young disabled boy in need of support with the Ketogenic diet and at the Cambridge Rehab and Nursing Center in Massachusetts, supplying nutritional support for the elderly. Jenna also worked at the Stratton Mountain Fitness Center in Vermont, providing service to clients of all ages as needed. Jenna is happy to be part of the Fit Farm team, since it is her desire and passion to promote and encourage healthy lifestyle practices that will benefit her clients. The pleasant, positive atmosphere offered at Fit Farm is very exciting, rewarding, and a good "fit" for her.