



Kelly is certified with canfitpro as a Personal Trainer Specialist. Kelly has also trained in Dance and Yoga. Most recently she has competed and placed in the top 3 in a number of figure competitions.

Having completed her certification course with Club Owner and canfitpro PRO TRAINER, Janice Forand, a connection with Locker Room Health & Fitness Club evolved into her coming on board as a member of the staff. Hired pre-covid, Kelly was keen and ready to go! A few days later, the world shut down! Months passed and Kelly was still committed to working at the club. She was instrumental in helping get things ready to reopen once we were given the green light!

Kelly's Mantra in life is both tattooed on her arm and lived fully:

"It's My Life; It's Now or Never"

Kelly is available to hire for one or small group Personal Training.



Join Kelly for:
Personal Training
&
Group Fitness Classes
Including:
Young at Heart Gentle Yoga
Tabata Booty
Total Body Conditioning
Cardio Strength
Stretch and Mobility



LOCKER ROOM
HEALTH & FITNESS CLUB, LTD.
99 STANNUS STREET, WINDSOR, NOVA SCOTIA
902- 798-8220

KELLY JACKSON- COMEAU



canfitpro certified
Personal Trainer
Group Fitness Instructor
Trained in:
Dance
Yoga
Fitness & Figure Competitor





My name is Kelly Jackson and I am a certified personal trainer with canfitpro. My love for fitness started at a very young age, from playing all sports, dancing & horseback riding!

I had a tough childhood losing my father when I was 12 . He was really into fitness and always at the gym. I believe that's where my strong passion for lifting weights comes from.

Fast forward many years later...I've overcome lots of hard obstacles in my life but never gave up! I have beautiful children that need a healthy mom so I decided to take charge of my life! I wanted to feel good in my skin for once in my life, now here I am... happy and healthy and dedicated to helping other achieve their goals!

Kelly Jackson Comeau

INDIVIDUAL & GROUP SPECIALTY PROGRAMS

LEARN TO LIFT

Knowledge is Power and knowledge when adding a resistance program to your life is essential.

This efficient and effective “Learn to Lift” Program is designed to teach the fundamentals of proper lifting techniques with safety, proper form and effective training as the focus. Compound movements need not be intimidating or complicated, inefficient and potentially dangerous once you learn the “how to” specially tailed to how your body moves.



Duration 4 weeks

Members 299\$ Non Members 499\$

2-hr sessions a week 1-6 participants

Included is program template with information on strength and conditioning training and nutrition information



8 WEEK TRANSFORMATION CHALLENGE

Do you have a special occasion you want to “look your best” for?

Want to learn the secrets behind exercise to build muscle and also to shred body fat?

Thinking would like to compete in a Figure Competition?

This program is designed to do just that as it provides you with the following:

Nutritional Guidance with advice on optimal nutrition for fuelling performance, recovery, and overall health.

Structured programming to ensure progressive overload and peak performance at key intervals leading up to your special event.

Join our **8 WEEK TRANSFORMATION CHALLENGE** and take your workouts the next level. Whether you're a seasoned fitness enthusiast or just starting out, this program is designed to give you the tools and knowledge you need to reach your goals.

8 WEEK TRANSFORMATION CHALLENGE INCLUDES::

a workout plan,

meal plan , 4 personal training sessions , before and after pictures

Members 420\$

Non Members 520\$

