

Kaci Berry

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Training Philosophy

"As a personal trainer, my mission is to give you the resources & support to live your best life - honoring where you are now while helping you reach higher. I know how intimidating fitness can feel, so my focus is to help you feel capable, confident, & part of an encouraging community. This is some of the most personal work you can do, & you will never have to do it alone. It is an honor to work alongside you & watch you excel."

Certifications

NASM Certified Personal Trainer

NASM Women's Fitness Specialist

Specializations

Strength & Resistance Training

Young Adult Sports Performance & Athletic Training

Weight Management & Fat Loss

Available Hours

Weekdays: Late Morning/Early Afternoon