

Brennan Phelan

ACSM Certified Personal Trainer



Brennan has been training since 2008 and is ACSM Certified, Medical Exercise Specialist, and has a bachelor's in Kinesiology. She specializes in functional training to promote physical and mental balance, injury prevention/post-rehab, strengthening & stretching for runners, swimmers, & cyclists, as well as yoga and wellness. Training with Brennan, you can expect a challenging and balanced workout, incorporating total-body functional exercises. Here are some tips she recommends:

- Stay consistent. Think of exercise and healthy eating as tools to help you lead a long and happy life.
- Practice yoga to promote muscular balance, good posture, and stress relief.
- Take 5 minute walk or stretch breaks every 1-2 hours if you sit at a desk all day.
- Be sure to get a good night sleep. Your body and mind rest & recover best when you get 7-9 hrs.

For training sessions with Brennan, call 324-5404 or email brennankphelan@gmail.com

