



Holly Daley

Personal Training should be just that...100% personal

Together we will assess your past health history and current fitness levels as well as current, short and long term goals.

Once we have established your baseline we will discuss expectations, accountability and map out a plan designed to help you succeed. Whether you are coming to work with me on referral from a Physical Therapist, preparing for a wedding, building self-confidence, running your first 5k or 26.2, training for an obstacle race or looking for training during or post pregnancy, I've got exactly what you need to aid in accomplishing your goals & helping you to set new ones

Hometown: Ft. Lauderdale, FL. and currently residing in Upstate NY

I got my start in the fitness industry 12 years ago when I became a Spin Instructor. I was at a point in my life where just going to the gym & going through the motions was no longer enough & i needed something to kickstart my motivational pattern and Spinning did just that. I had always been an athlete growing up however, as I had gotten older life began to take over and I got comfortable and that needed to change. I was working full time as a Teaching Assistant and had decided to go back to school to pursue what I thought would be my dream job as an Elementary Special Education Teacher in an inner-city school. After several years in that field both in a teaching and learning capacity, I fell victim to major District layoffs, I was heartbroken & forced with some very difficult decisions. It was at that time that I decided that I needed to help people of all ages in a field that also allowed me to teach, create, motivate, grow and be proud; I decided to pursue a career as a Personal Trainer. I received my certifications shortly after making that decision and there has not been a single day that I have looked back and wished I had done things differently. I get to work with an extraordinarily diverse cross section of clients, from middle school children (some with spectrum disorders) to the elderly (who have joint replacements and myriad of other complexities) and EVERYTHING in-between.

mydaleyfitness@gmail.com