**Hill’s Gym & the La Vernia community welcome Kelly Rosenberg!**

Kelly Rosenberg, founder of Movement Magic Fitness and an industry visionary for over 35 years, enjoys making fitness fun and effective for all ages.

Kelly is a Fellow of the Gray Institute;  FAFS, 3DMAPS, CAFS, FMR, Functional Yoga Systems and Active Aging Specialist. NSCA certified trainer, Zibrio Balance Specialist, an affiliate of the Functional Aging Institute.  Kelly also holds certifications in Yoga, Pilates, Barre, Aquatic Exercise, Suspension Training, and Indoor Cycling.

In 2007, Kelly founded Every Body Balance; MetroWest Boston’s premier and largest Pilates, yoga, private training, barre, and bodyweight training fitness studio. Based on applied functional science, Kelly developed the Movement Magic Method of training which she taught and employed at her studio until selling in 2015 and moving to the Jersey Shore with her family, where she continued to practice the Movement Magic Method.  2021 Kelly brings her Movement Magic Method both online and in person to La Vernia Texas.

Drawing upon Kelly’s broad base of skills and experience, clients learn how to safely build muscle, increase strength and power, activate the core, increase flexibility, mobility and balance to improve joint stability to resist injury.

Clients will obtain better posture, reduce aches and pains, and learn to sit, stand, and move with economy, grace, and balance through specific exercises that address proper body alignment and movement.

With the tools Kelly provides, clients experience gains in performance in any sport and in everyday life.  Our muscles are links in the chain that, when trained properly, connect to result in movement harmony. Through proper breathing, mobility-stability training, and recovery work, clients learn how to relax, re-energize, and move more efficiently.

Please contact Kelly with any questions! 833-432-1348