

OAKLAND ATHLETIC CLUB



Kelly Lambrecht

**CPT; NASM, CES; NASM, NCMT, CPR/First Aid/AED
American Red Cross**

telephone: 248.540.9596 ext. 38

email: klambrecht@oaklandathleticclub.net

OAC Personal Trainer Since: 2008

Bio: Kelly has been a Nationally Certified Massage Therapist since 1994. She worked for nearly ten years at St. John Hospital in physical therapy and rehabilitation. During that time she implemented a Massage Therapy program for both staff and patients. Kelly enjoys working with individuals to promote stress reduction and relaxation but also specializes in special populations and rehabilitation to include spinal cord injuries, MS, stroke victims, cancer patients and survivors, fibromyalgia and post rehab maintenance.

In 2001 she became a group fitness instructor working with all ages and activity levels to promote better health and well being. Furthering her ability to work with special populations both with Personal Training and Massage Therapy.

Certification(s): In 2004 Kelly obtained her Personal Training Certificate from NASM and most recently became a Certified Corrective Exercise Specialist from NASM. She is also CPR / AED certified by the American Red Cross.

Training Specialities: Massage and Personal Training are pre and post rehab, special populations including MS, spinal cord injuries, cancer patients and survivors and stroke victims. Corrective Exercise assessment and strategies to enhance your exercise routine and prevent injury due to muscle imbalances and over compensation