

Saints Boys Lacrosse Club

Peak Fitness Instructors

Chris Kelly, NASM CPT CSCS

Chris Kelly is an experienced fitness journalist, and the owner and operator of Peak Fitness. Chris has over 8 years of experience in fitness, and holds fitness certifications from the National Academy of Sports Medicine (NASM), and the National Strength and Conditioning Association. Chris is also certified in Sports Nutrition with the International Society of Sports Nutrition and a Holistic Health Counselor through the American Association of drugless Practitioners. An experienced health writer, Chris has written extensively on fitness, healthcare, and nutrition. Chris's health and fitness writing has appeared in numerous publications including Exercise for Men, Prevention, Health, and the Boston Globe.

Taryn Grimsley, AFPA CPT

Taryn works with middle school, high school, and college athletes. Her passions are sports performance enhancement and injury prevention. She has been training for 5+ years, working with a diverse group of clientele through the years.

Peak Fitness, Lakeland, has joined the Saints Lacrosse coaching staff and they are in charge of the team's physical conditioning. They join us every week for intense training sessions designed especially for lacrosse players.