



Kelly Horgan

Kelly is a CT & NY Licensed Massage Therapist and NASM Certified Personal Trainer. She has been working in the fitness, therapeutic massage and post-rehabilitative industry for over 15 years. Always endeavoring to educate herself about the bodies function and dysfunction, Kelly pursues educational materials that focus on returning a person to a state of health and function. She has added Kinesiotaping to her background as a source of continued support and repair for her client's dysfunction as well as to help alter neurological dysfunction. In 2015, she became certified in Gary Gray's 3D Maps which analyzes the human body movement pattern and then structures a program based on authentic everyday movements. Kelly understands the importance of real life, real time movement as she was born with a congenital birth defect to her lumbar vertebrae. Realizing that working on the family dairy farm kept her pain levels to a minimum, she started to investigate human body movement and function. She pursued a Clinical Massage Therapy program to understand anatomy and physiology then realized becoming a Certified Personal Trainer was a natural segue to helping people live a happier, healthier, active lifestyle.