



# KENNETH



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## KENNETH FIELDS

### About Me

I am originally from the Washington, D.C. area and grew up playing sports. I played football and basketball in high school and played college basketball. I am a former youth sports coach/mentor and enjoy helping young people. I moved to Charlotte in 2015 and got introduced to group fitness which became my passion.

I am a married Dad of two grown sons and am also a 36-year Federal employee with the U.S. Department of Energy. I enjoy riding outdoor bicycles and love the beach.

### Certifications

- National Academy of Sports Medicine (NASM) Certified Personal Trainer
- Certified Les Mills Advanced SPRINT Coach
- Certified Les Mills GRIT Coach

### Specializations

- Overall Fitness

### Biggest Result with a Client

Working with a client who was not active at all to where the client has made fitness a lifestyle.

### How would I define my training style

I have been described by clients as “laid back” but challenging. I truly want to see my clients succeed in reaching their goals.

## MY Y STORY

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