

KATHLEEN CLEMONS

EXPERIENCE ✨

I have been teaching fitness classes since 1985. Started as an aerobics instructor and have branched into other genres. Very involved in the BRF Community through Jackson in Action.

TEACHING STYLE

Fun! Able to modify classes for most people.



✨ *My favorite quote:*

✨ “Be Stronger Than Your
✨ Excuse”

✨ INTERESTS

✨ Fitness trips with my friends and boyfriend, the outdoors, time with my dogs, Allie and Gator.