

Kelly Beth “KB” Clawson

Hometown

Pittsburgh, PA

Certifications/ Education

- Certified A.C.E. Personal Trainer
- Level 1 CrossFit Coach
- 200hr Registered Yoga Teacher (vinyasa/power style)
- Certified Road Runners of American Running Coach

Specialization (if any)

- Beginner runners
- First Time Distance Runners
- Mobility
- Strength Training

How do you stay active?

If I'm not at work or home, I'm usually working out. I love running (short and long distances), yoga, and CrossFit. I have completed 12 half marathons and 4 full marathons (with more to come, I'm sure!). I am diligent about my training schedule, nutrition, and rest days. I am always up for new adventures, workouts, and challenges.

Client Testimonials

“Kelly Beth is an awesome trainer and I highly recommend her. Over the past six months, Kelly has helped me push myself to a fitness level I never thought I could reach. Her calm, positive, and supportive attitude, in addition to her interesting and diverse workouts have me looking forward to each of our sessions. Kelly has helped me gain a significant amount of confidence in myself and I look forward to many more sessions with her!”