

“Unless you try to do something beyond what you have mastered, you will never grow”

Lesha Kastl started personal training in 1999. She had been an athlete all her life but had gained some weight in college. After losing weight and getting back into shape, she decided she wanted to help others do the same.



Lesha is certified in Personal Fitness Training, Post Rehab Therapy, Sports Nutrition, Pilates, Pilates Reformer, Resist-A-Ball Core Training and Therapeutic Massage. She has been a Personal Trainer since 1999 and a Massage Therapist since 2003. She was a competitor in Ms. Fitness/ Ms. Figure, Muay Thai Kickboxing, Soccer, Dance, Snowboarding and Snow Skiing.



Make an appointment with Lesha and get started on your health and fitness goals today!!

“True enjoyment comes from activity of the mind and exercise of the body; the two are united”

Lesha Kastl