

Keli Roberts

Keli Roberts is a world renowned fitness educator, trainer and the award recipient of the 2003 IDEA International Instructor of the Year. As a continuing education specialist, Keli conducts seminars and workshops worldwide. She's recognized as a fitness authority that's transformed fitness education with groundbreaking innovations characterized by her expert skill and instruction.

Keli offers workshops and master classes on specific muscle conditioning programs, Indoor Cycling, Rubber Resistance training, stability ball exercise, BOSU and Body Bar integrated training. Her workshops have taken her to Italy, Japan, Hong Kong, Brazil, Australia, France, Switzerland, Canada, Germany, Israel, the United Kingdom and throughout the United States. Keli is on the board of advisory for Fitness Magazine and is a Nautilus Institute advisory board member.

Additionally, Keli is the American Council on Exercise (ACE) Los Angeles media spokesperson. She's also a certified ACSM HFI, ACE Group Exercise, ACE Gold Certified Personal Trainer, and AFAA.

Keli is originally from Australia, but moved to the United States in 1989 to pursue her passion – Fitness! She quickly became one of the most in demand private trainers in Los Angeles and garnered a huge celebrity clientele that included Cher, Kirstie Alley, Jennifer Grey, Jennifer Jason Leigh, Russell Crow and Faye Dunaway, to name a few. Her step classes also attracted many A-list names such as Julia Roberts, Annette Bening and Jennifer Beals.

In 1991, Keli choreographed and appeared in the award winning video, Cher Fitness...A New Attitude, which brought her worldwide recognition as a fitness expert. Subsequently, Keli has designed, choreographed and starred in over 40 videos. Keli's newest DVD, 10 Minute Solution Kickbox Bootcamp was awarded Fitness Magazine top 10, Shape Magazine DVD of the month and Health Magazine Strength DVD of the year. Keli also choreographed Kathy Smith's kickboxing video and CO-starred with Italian Olympic Gold Medal skier, Alberto Tomba, in two videos on ski conditioning, in Italian. Keli's latest DVD, Fat Burning Kick Boxing Workout for Dummies and 4 Time Saver workouts will be released later this year.

Keli is also a successful author. Her first book, Fitness Hollywood, which was published in 1994 by Summit, received glowing reviews as a comprehensive guide to training and nutrition and is now in its fifth printing. Stronger Legs and Lower Body, Keli's new book was co-authored with Linda Shelton is on Human Kinetics best seller list..

Keli has been featured in Shape, Elle, Health, Fitness, Self, Ms Fitness, American Fitness, Allure and many international publications as well. Additionally, Keli is a featured instructor on the award winning TV series, CRUNCH Fitness, on ESPN. She also co-hosted Target Sports Training, a TV series for the Health Network with Carey Bond.. Keli also starred in the reality show Music Farm, shot in Italy, training Italian music celebrities.

Keli is a Tier 3 Trainer at Equinox in Pasadena where she teaches classes. Her training involves working with pre and postnatal clients, post physical rehabilitation, stability training for alignment and posture, weight training and cardiovascular training for weight loss as well as stretching and sports specific training. Keli Roberts is a true fitness visionary with the expertise and experience to continue inspiring others the world over.

