



# ***Aleigha Bailey***

*National Academy  
of Sports Medicine  
Certified Personal Trainer*



Along with a degree in Exercise Science from IUSB, Aleigha has 2+ years experience instructing Group Fitness Classes, specifically Les Mills BODYATTACK® and BODYPUMP®. Aleigha likes to focus on HIIT, cardio intervals and exercises that strengthen the body. She considers herself to be both nurturing and empowering, and wants to be a liaison for her clients. Knowing that starting something new can be scary, Aleigha wants to help everyone feel comfortable in a fitness environment - her goal is to help others feel physically AND mentally strong!

[www.mykroc.org/personal-training](http://www.mykroc.org/personal-training)