

Mexifit Personal Training

Work Smarter Not Harder!
Be Mindful of Your Body and How it is All Connected.
Gain Awareness and work towards more Comfort & Wellness!

Shelly will save you years of trial, error, and injury.
She encourages mindful movement that will help
you reach your goals in the safest and most effective way.

With Mexifit you get Shelly - who has an MD, MPH, many certifications including
Yoga, Pilates, Nutrition, Weight Loss, Therapeutic Lifestyle Changes, Mindfulness
Meditation, Connective Tissue/Pain Relief and more.

Everybody & every body is different,
so every private training session is completely customized for You.
At your rental - our palapa... choose the location & Mexifit will bring the rest!

Whether you need to...
Earn Your Margaritas or Recover from Your Margaritas
Mexifit has the session for you!

Strength & Fitness Training

Mexifit offers the ultimate in total body conditioning.
Through a combination of resistance training, cardio conditioning, core focus, and
flexibility development, you'll be beach & life ready in no time.

Tailored to you and your lifestyle. Learn something to take home with you.
Mindfully fight aging & decay.
Contact Shelly Today

Yoga & Pilates

Experience a revolution in Mat Pilates
along with the benefits of Yoga practiced correctly.

Shelly encourages & teaches mindfulness in all movement.
Dispensing with fads and trends, be prepared to awaken your mind, renew your
connection to moving your body, and energize your soul.

Each session is customized for the level of your individual or group.
Some say Shelly's teaching techniques are both refreshing and enlightening.

Customized Retreats or Transformation

A focused tailored experience for whatever you need!
Ready for your own customized retreat?
Your Transformation?
Your Self-Care time?

Why not learn how to use Mindfulness to create Comfort,
Strength, Flexibility, Awareness in your body and life.

No matter what your goals or needs,
Shelly is here to help you realize them.

Being in paradise is great. Being in paradise with a wellness professional whose
passion it is to create your best experience is unique.

With MexiFit you will stretch, sweat, breathe and eat with fun & purpose.
Best of all, you will gain the knowledge and understanding of what it takes
to create your best you, for the rest of your life.

Postural Alignment

Did you ever consider there is a missing link in your health & fitness?

Just look around at the walking wounded we've all become -
slouched, crooked, pained, misaligned...

Posture, Flexibility, and Alignment are ALL connected to
function, pain, and your ability to move.

Unless you do something to correct your alignment & flexibility,
most exercises an activity tend to reinforce dysfunction.

Feel better, look better, and move better, even after just one session.

These exercises done mindfully, over time, will
move any body strongly in the right direction.

Personal Training Rates

Single Session:

One-on-one: \$80usd / sixty minute session

Group: \$80usd for 1st person + \$10usd / each additional person

One-on-one: \$115usd / ninety minute session

Group: \$115usd for 1st person + \$15usd/each additional person

**To make your deposit, please go to the bottom of Personal Training page
of the website to use PayPal button**

CANCELLATION POLICY -

Due to high demand, we require a deposit to confirm your session.

Any cancellation less than 1 week prior to scheduled time, will forfeit the deposit.

*****Please note, due to PayPal fees there is a few dollar extra charge on the deposits below.*** The total will show up when you select the button and link to PayPal.**