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Emily Kelly is a fitness trainer and Pilates crusader with the highest reputation. Through her personal training company, Synergy, and her media work, Emily takes a

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A Complete Sourcebook of Yoga and Pilates Exercises to Tone and Strengthen the Body, with 1500 Step-by-Step by Judy Smith, Emily Kelly, Jonathan Monks

Collage video

Video Bayview; Vendor: Bayview Type: Video Price: 19.99 This DVD is a compilation of the abs/waistline/core work from Kelly's previous releases such as Kickboxing,

Emily lockhart

Topeka KS US. About Me. My name is Emily Lockhart! I absolutely LOVE Zumba! Pilates, Personal Training, Spinning, and Cardio/Step Aerobics.

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