

## Ines Donnelly / NapaFit

Ines Donnelly has lived in the Napa Valley for over twenty years. Her love of competitive sports such as basketball, track and tennis sparked her interest in physical fitness. In her senior year at Vintage High School Ines became an ACE-certified fitness and kickboxing instructor and was subsequently hired at HealthQuest Fitness Center where she started teaching body sculpting, ball classes and became certified in Aqua, Spinning and Pilates. After graduating from Vintage High School, Ines moved to Los Angeles where she attended UCLA, majoring in Communications. While studying in Los Angeles, Ines' continued passion for fitness was fueled by her work at the UCLA Fitness Center, LA Fitness and at Bally Total Fitness. Upon graduating from UCLA in 2003, Ines became an ACE-certified personal trainer.

In August of 2003, while working at LA Fitness, Ines had the privilege to act as a personal trainer for members of the Royal Family of Saudi Arabia. The Royal Family then invited Ines to continue her fitness work with them in Riyadh, Saudi Arabia. This work then led Ines to travel to places like Egypt, Sri Lanka, Dubai, France and Switzerland. It was the experience of a lifetime!

In June of 2004, Ines returned to the Napa Valley and started NapaFit. Ines strives to bring her clients the very best! It is her goal that through her workout programs and her positive approach, that her clients will enjoy the same joy of success as she derives from this work.

### **Ines says it best...**

*"Fitness training is undeniably my passion. My ultimate goal as a fitness trainer is to give everyone a safe, effective and fun workout. Starting an exercise program at home or at a gym can be a life-changing experience. If you have wanted to start training but lacked the inspiration, I will supply it. If you have thought about a training program but lacked the drive, I will develop it. If you have gone through periods of training and not been able to sustain the motivation to stay committed, I will inspire the commitment. I wish you all the best on your fitness journey and hopefully we'll be able to work together soon!"*

