

Introducing

Bev Brody



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With over 30 years of experience in the health and fitness field, Bev holds a 3 A.C.E. certifications, has owned her own Gold's Gym in Vancouver, Canada, and has worked as a consultant with several other health clubs and community centers to implement and improve existing fitness programs. Bev is a certified personal trainer, group fitness, health coach and recognized teacher of trainers for the American Council on Exercise.

Since moving to Kauai over 20 years ago, she has earned names such as Bionic Bev, Boom Box Bev, the Fitness Guru and most recently, Kaua'i's Fitness Terrorist. She is the director of Get Fit Kauai and previously a fitness consultant and trainer of fitness trainers for Ho`ola Lahui Hawai`i.

Bev is an International Fitness Presenter and has taught workshops all across the U.S and Canada. Her enthusiasm for physical activity and healthy living is contagious and her passion for sharing this knowledge is the driving force behind her success.

