

Fely Castillo



Fely is passionate about and committed to healthy living. She holds a NASM Personal Training Certification and AFAA Group Exercise Fitness Instructor Certification. Prior to her January, 2015 relocation to Charleston, WV, she was a full time Business Manager and Fitness Director for a professional fitness management firm in Arlington, VA. She teaches Body Pump, Cycling, Insanity, Yoga, and Zumba.

In addition, she does Personal Training in between her classes and is in a process of obtaining her Massage Therapy license. In her spare time, she runs numerous Marathons (like the Boston, Chicago, DC, Richmond, and Houston), in several states. Volunteer work has always been important to Fely as well, where she raised funds and shipped care packages to several US military bases in Iraq and Afghanistan for several years. In addition to this, she supports the former World War II POWs of Bataan and Corregidor by running the Bataan Death March Marathon at White Sands, New Mexico, in their honor. Fely is passionate about serving others, and her enthusiasm for health, nutrition, and fitness provides a perfect vehicle for her to do so.