



COACHING AND ADVICE TO REACH YOUR GOALS

Shane Kelly's Personal Coaching programs are aimed at assisting people to achieve their goals. Whether it's setting yourself the challenge of Around the Bay in a Day, or the Great Victorian Bike Ride or you just want to improve your personal wellbeing, Shane is able to develop a tailored program to meet your needs.

As well as catering for different fitness levels and abilities, these programs will include nutritional advice, mental preparation and handy hints & tips for enjoying the ride.