

Functional Fitness

Movement
for life.
Fitness for
every *body*.



About Me



Kayla Schettler

Welcome!

As a fitness trainer, my goal is to motivate others to incorporate positive and empowering movement into their lives!

I have been in the Fitness & Wellness industry for over 12 years, and have experience working with individuals aged 18 to 101 in a variety of settings.

ACE Certified
Personal Trainer
& Group Fitness
Instructor

Specialty Certifications

- Senior Fitness
- Mental Well-Being for Fitness Professionals

Personal Training & Small Group Training for *Women*

Fitness delivered to your front door!

Serving Petaluma, CA.

Mobile Services

Personalized fitness experience in your home, office, or an outdoor location. Reach your goals where you feel most comfortable!

What's Included

- An introductory consultation (30 minutes)
- Weekly 45 minute training session
- Weekly check-in text or email

Pricing

Private Training

\$280 - 4 sessions
\$532 - 8 sessions
\$756 - 12 sessions

Small Group Training

(2 - 4 participants)

\$160 per person - 4 sessions
\$280 per person - 8 sessions

All sessions are 45 minutes.

Training for Every *Body*



My Training Method

I train using bodyweight exercises, free weights, resistance bands and balance tools to improve strength, cardiovascular endurance, coordination, power, & agility.

With a focus on positive and sustainable lifestyle changes, we'll celebrate progress based on how you feel, your energy levels, & improved functional fitness.

Whatever your goals may be, I am here to support you in your journey of getting stronger and feeling empowered in your body!

Let's get moving together!

Group Fitness Classes

Functionally Fit: Strength & Balance

This low-impact class offers full-body strengthening and balance work for all abilities! With a focus on functional movement, these standing & seated exercises are designed to prepare and train your body for activities of daily living and reduce fall risk! Please bring a set of light hand weights & water.

Designed for participants 55+.

Sign ups are available online.

Ray Miller Community Center

Cotati Room

Tuesdays, 11 AM - 11:50 AM

\$40 - Full 8 Week Session
\$8 - Drop In

9/15/2026 - 11/3/2026

Rohnert Park Senior Center

Thursdays, 11 AM - 11:50 AM

\$40 - Full 8 Week Session (RP Resident)

\$47 - Full 8 Week Session

(Non RP Resident)

\$8 - Drop In

9/17/2026 - 11/5/2026

Seated Chair Volleyball

Chair volleyball is a low-impact, high energy class that promotes cardiovascular health, upper body strength, mobility, coordination and teamwork! Class includes a gentle warm-up, passing drills, and then it's game on! A volleyball net & beach ball are used for play. This class is perfect for all fitness levels and abilities. Lots of smiles, laughter and fun guaranteed!

Sign ups are available online.

Trail to Table:

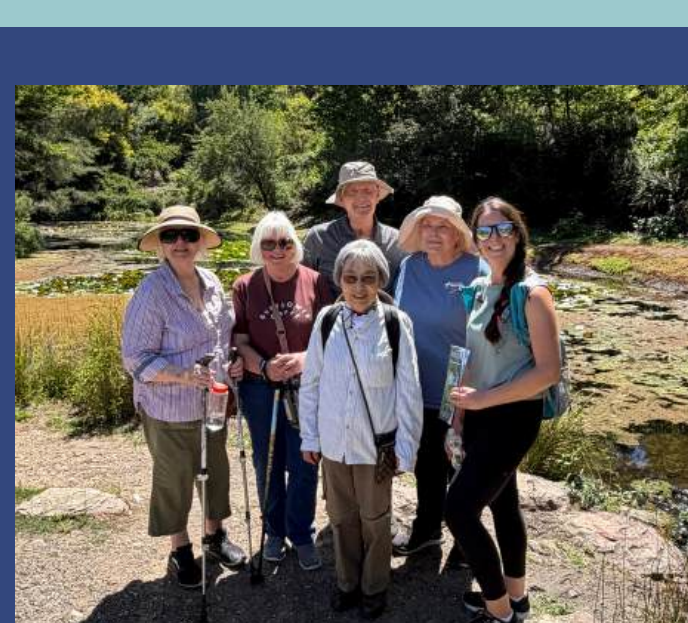
Outdoor Adventures for Active Agers (55+)



Replenish your body & mind with nature, good food, and new friends!

All Trips Include:
Transportation
Water Bottle & Snack
Printed Trail Map

6 Spots Available Per Trip
Pre-Registration Required.
Please email for more information.



Monday, Nov 9
North Sonoma Mountain Regional Park
Depart 9:45 AM
2 Miles Roundtrip
~500 ft Elevation Gain

Followed by preordered sandwich picnic lunch!

\$60 per person

Client Love



"Kayla has been working with me (and 3 friends) for about 1 year now and she arrives with everything we need to build strength and stability for the long term.

She has a wide range of exercises to keep it interesting and to work on all of your body. She helps with correcting my exercise posture and form. As a woman in my 50's I have found more energy, lost a little weight, gained better strength and balance."

-Amy P.

"Kayla has an incredible way of making you feel comfortable, no matter your fitness level. Whether you're a seasoned athlete or a beginner, she has an uncanny ability to tailor each workout to meet individual needs. She radiates passion and love for fitness, and it's evident that she's there not only to help you achieve your goals but to make the journey as enjoyable and fulfilling as possible."

-Christina L.



"Kayla is such a great fitness instructor. I have been taking a class from her at the Senior Center. She allows me to adapt each exercise to my unique fitness level. I am getting stronger every day and I owe it to Kayla's very positive encouragement and expert training."

-Cynthia W.

Contact Me

Let's connect!
Please feel free to email with any inquiries or questions.

Email

fitforliferp@gmail.com

