



Holly Rillinger

Coach, trainer, and 10-year veteran of the fitness world, Holly Rillinger is known as one of the most inspiring motivational trainers in the game. Nike Master Trainer, Certified Personal Trainer, founding Flywheel Sports Master Instructor, former professional basketball player and star in Bravo's Workout New York, Rillinger instills the same drive and discipline she's had throughout her career into every one of her clients.

Always at the forefront of health innovation, Holly developed a meditation-infused boutique fitness program called Lifted that fuses the gap between mind and body. Lifted consists of 60-minute classes combining meditation with high-intensity interval training, proving a unique method for participants to improve their physical wellbeing, gain mental clarity, reduce stress levels, improve their moods and more.

Holly now offers both one-one and group coaching programs worldwide. Holly uses her life experiences both as an elite athlete and trainer couple with her education to help motivated individuals find balance and success in their lives. Her programs start with the body and mind but have a way of shaping your entire life.