



ARA FARLEY

Ara Farley is a dedicated fitness professional, group exercise instructor, and youth program leader with over a decade of experience helping individuals build strength, confidence, and long-term wellness. As a Personal Trainer, Ara creates inclusive, high-energy training environments where every client feels supported, capable, and empowered.

With a strong background in martial arts, including Brazilian Jiu-Jitsu, karate, and kickboxing, Ara blends functional strength training with athletic conditioning to help clients move better, feel stronger, and build resilience. She specializes in dynamic class formats such as Fit Kickboxing Fusion and Boot Camp, style conditioning, offering creative programming that keeps workouts engaging, challenging, and fun.

Known for her positive energy, clear instruction, and ability to adapt sessions for all fitness levels, Ara focuses on teaching proper form, building sustainable habits, and helping clients develop lifelong strength both physically and mentally. She believes that fitness should be empowering and accessible to everyone, no matter where they're starting.

Whether leading a group class, coaching one-on-one, or designing youth fitness programs, Ara is committed to guiding people toward their strongest, healthiest selves.



afarley@raritanvalleymca.org

732-257-4114