



# HAYLEY KESSEL

**AT MIT SINCE 2015**

**Teaching Body Sculpt,  
Bootcamp and High Intensity  
Interval Training (HIIT)**



**FAVORITE TV  
SHOW**

**The Mindy  
Project**

**FAVORITE THING ABOUT  
TEACHING AT MIT**

**That students want to learn and are  
open to corrections on their form**

**EDUCATION**

**B.S., Health  
and Human  
Performance**



**ADVICE FROM  
FUTURE SELF**

**Don't compare  
yourself to others**

**Hayley Kessel**

Hayley has been at MIT since 2015 and teaches Body Sculpt, Bootcamp, and High Intensity Interval Training (HIIT) classes. She has her Bachelor's degree in Health and Human Performance from the University of Montana, as well as certifications in ACE Group Exercise, ACE Personal Training, ACE Health Coach, ACE Kids Fitness and TRX Group Training. Hayley has done four marathons, and in her free time, likes to swim, bike, rollerblade, and take boot-camp classes.