

Tai Chi Trombonist

Rich Kahle

Master Trainer, Holistic Health Coach

Coach Rich Kahle is a seasoned master trainer with over 30 years of experience in the fitness and wellness industry. His extensive credentials include certifications in personal training, nutrition coaching, life coaching, yoga, Tai Chi, and Qigong—reflecting a truly holistic approach to health. A champion strength athlete for more than 25 years, Coach Kahle combines real-world athletic achievement with deep expertise in functional movement, mindfulness, and total-body wellness.

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