

# PERSONAL TRAINER



## Kimberly M

I am a determined and motivated individual who puts 100% into whatever I do, and I like to train my clients the same way! I have been instructing cycle and group fitness classes for 8 years.

I love the biological and scientific aspect of fitness, and have held active and supportive roles with competitive sports, obstacle and 5K-marathon races, bodybuilding competitions, and duathlons.

It doesn't matter if you're looking for a high energy trainer to give you that extra push to reach the next level or looking to get off the couch and into the gym,

I will fully support you and hold you accountable throughout your journey to become a healthier, happier version of yourself!

**CREDENTIALS:**

AFLCA Certified Personal Trainer  
AFLCA Group Fitness Instructor

**EDUCATION:**

Bachelor of Science in Progress

**TRAINING LOCATIONS:**

Dr. Anne Anderson  
Terwillegar  
Kinsmen  
Mill Woods  
The Meadows