



Kim

I have been a client of Kim and Fit Body Fit Mind for the past 4 years. When I started training with Fit Body Fit Mind I was an active runner but had very little muscle tone in any muscle not used for running. I also had no core strength. In fact, I didn't even know what core strength was or how it affected my overall physique. I attend two classes per week and over the years I have watched my body develop tone and strength in every single area of my body. Kim's workouts always change and no workout is the same, therefore all areas of the body are constantly challenged. Kim's workouts include elements of cardio, strength training, and flexibility work. I am constantly challenging my body during her workouts. I can feel the results after each and every session. I am comfortable in my classes, I am never judged on performance and I am always made to feel like an essential part of the class. I love the support from Kim as well as the participants of her classes. Fit Body Fit Mind is a regular part of my weekly routine and I'm lucky to have found such an amazing venue to challenge my body and my overall fitness.

