

Kim Reedy



BIRTH PLACE:

Richmond, VA

CERTIFICATIONS:

AFAA; NASM Certified Personal Trainer; Les Mills- Body Pump, Body Step
CPR/AED

EDUCATION:

Brevard College-AFA

TRAINING PHILOSOPHY:

Find what you enjoy and stick with it! Try new things! Step out of your comfort zone! Feeling fit makes you feel so good!

FAVORITE TYPE OF WORKOUT/EXERCISE:

I LOVE the energy in a group exercise environment. Personal training allows me to help clients focus on specific goals and attain success by reaching those goals

FITNESS BACKGROUND:

Worked out in my twenties, but it wasn't until I was in my 30's that I started teaching aerobics (and that was just a few years ago. Wink wink.)

OTHER HOBBIES & PERSONAL INTERESTS:

Hiking, gardening, ponding; My family raises sheep and dogs but I'll admit my husband does most of the work on those.