



Kimmmie Beneke

Personal Trainer

B.S. Kinesiology/Athletic Training, McPherson College

**American Council on Exercise Certified Personal Trainer American
College of Sports Medicine Member**

additional certifications include: American Council on Exercise Certified Group Fitness instructor. Sports Nutrition/ Body Composition, Schwinn Indoor Cycling, and more

Since 2005 Kimmmie has been providing professional fitness training and instruction. In the Spring of 2015 she brought her expertise to the Body First Fitness Team. She loves working with a variety of clients; from teenagers to 80 year olds; from couch potatoes to the experienced athletes, from the self motivated to those that need a cheerleader, and more. Kimmmie utilizes a goal-orientated approach to her personal training sessions, This approach combined with fun and motivation work-outs helps her clients achieve goals they may never thought possible.

Kimmmie enjoys leading group fitness classes especially Boot Camps and spinning classes. She offers a high energy, challenging and FUN Fitness Boot Camp experience that includes strength, cardio, circuit training, muscle endurance, flexibility, core, and functional movement patterns, and more

When not training or leading a group fitness class, Kimmmie can often be found competing in half marathons, running, playing softball or hanging out with her family.

**Specialities include: Personal Training, Boot Camp ,
Indoor Cycling**

To schedule an appointment:
call 785 587 8300 or stop by the front desk.