



Evonta Kimmons

*American Academy
of Sports Medicine
Certified Personal Trainer*



Growing up in Michiana, Evonta has a degree in Exercise Science from Indiana State University. With a strong background in sports, Evonta enjoys working with former and current athletes of all ages. He also enjoys working with seniors to help them improve and maintain every day functions. Evonta likes to focus on strength and conditioning, but is flexible when it comes to his training style. He is very friendly and outgoing, and understands that the client comes first. He knows that listening and finding their interests is the key to reaching their goals!

www.mykroc.org/personal-training