



# *Kimberlee* *Johnson*

AFFAA Certified  
Personal Trainer  
NASM Nutrition Coach



Certified since 2014, Kimberlee is a well-rounded trainer who serves the Michiana area with kindness and care. Suited for any age group and fitness level, Kimberlee enjoys discovering what exercise style fits each individual client. Whether your goal is weight loss, muscle building, strength, flexibility, or improved athletic performance, Kimberlee will give you the tools to live a fitter and healthier life through exercise. Alongside personal and group training, Kimberlee is a teammate, as well as a team trainer for South Bend's local roller derby team.

[mykroc.org/personal-training](http://mykroc.org/personal-training)