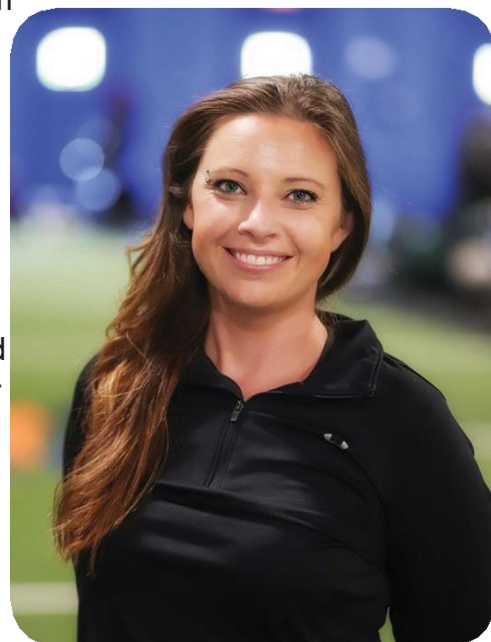


# KIMBERLY RENOUD

Upon graduating from Western Illinois University and receiving my bachelor's degree in Kinesiology, I moved to St. Charles, Missouri to work as a personal trainer at 24 Hour Fitness. There I was part of a team that became the top gym in the region. After 3.5 years, and a very successful clientele, I decided to move my business to a private facility where I was a trainer-contractor for Emerge Fitness in 2009. I have been a trainer and strength coach there for 15 years, and I continue to work there two days a week. I have worked with clients from the age of 8 to 80, from post-surgery to professional sports. I have had client's goals range from weight loss to muscle gain, to sports performance.

During my time I have been honored to train athletes from the US Womens' National Soccer Team as well as the St. Louis Rams and Arizona Cardinals. Most of my clients have trained with me for 10+ years, my longest being 18 years. In 2017, I moved to Jefferson City, but I always said I would continue to work in the fitness industry. I have been a trainer for the YMCA since 2019, and I am hoping to continue my passion and expand my services to members and non-members here in Jefferson City.

I work with clients who have a hunger for success. They know what they want, and they just need some help getting there. I've always referenced me as a trainer to being like a GPS. You can tell me where you're starting and where your destination is, and I will give you the turn-by-turn directions on how to get there. But I can't drive your car for you. You have to be the one behind the wheel. If you are ready for a change and are looking for results, I would be more than happy to help you reach your goal.



**CERTIFICATIONS:** 2005 Bachelor of Science in Kinesiology with emphasis in Exercise Science

**YEARS/HOURS OF EXPERIENCE:** 20 Years, more than 20,000 Sessions Serviced

**AVAILABILITY:** M/W/F and some weekends

## **CONTACT:**

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- Phone:** 636.345.3324
- Social Media:** Facebook - <https://www.facebook.com/KRenoudCPTES>  
Instagram - @Kimberly\_CPTES

## **SESSION COST & DURATION OPTIONS:**

SESSION COST INDIVIDUAL	SESSION COST DUO	DURATION	NUMBER OF SESSIONS
\$75/session	\$100/session	50 minutes	1
\$70/session	\$90/session	50 minutes	5
\$65/session	\$85/session	50 minutes	10
\$60/session	\$80/session	50 minutes	20+
\$45/session	\$75/session	25 minutes	1
\$40/session	\$70/session	25 minutes	5
\$35/session	\$65/session	25 minutes	10+

**For more information, contact Quinton Sallin, YMCA Wellness Director, at [qsallin@jcyymca.org](mailto:qsallin@jcyymca.org) or 5737613225.**