

A little piece of...



# Kim Truman Fitness



**IF NOT NOW,  
WHEN?**



## CERTIFICATIONS

- \* AFFA Group Ex
- \* N.A.S.M.
- \* Advanced Metabolic Type
- \* Paul Chek PPS Practitioner
- \* Paul Chek HLC II
- \* Cooper Group Exercise and Bio Mechanics
- \* Cooper Personal Training
- \* Spinning
- \* Trekking Certified
- \* Reebok Core Training
- \* Power Pilates – Mat and Reformer Equip.
- \* ATP
- \* Resist A Ball
- \* Bosu
- \* Waterart Fundamentals
- \* YogaFit
- \* Tai Chi & QiGong
- \* F.A.S.T.
- \* Training for Endurance Athlete Sports – Chris Maund
- \* Barry's Bootcamp Extreme



**CHECK OUT**



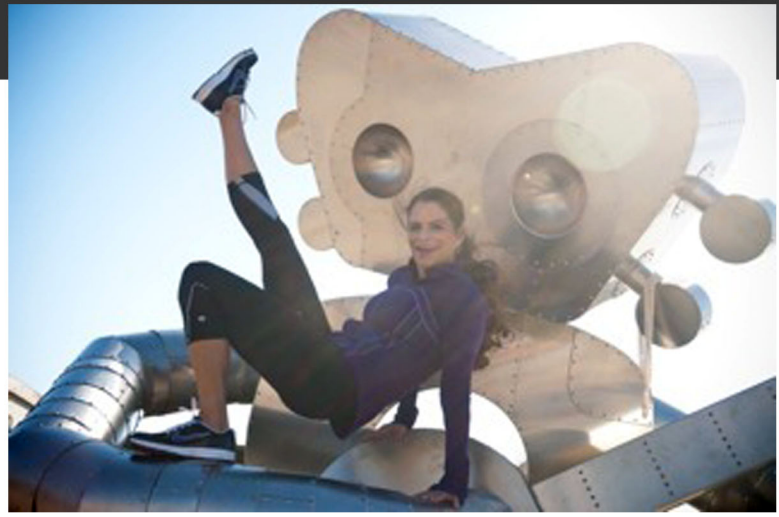
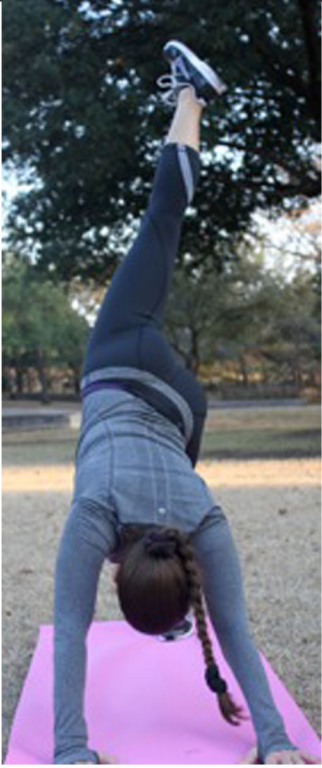
**HER WEBSITE!**

[www.KIMTRUMANFITNESS.com](http://www.KIMTRUMANFITNESS.com)





COMPASSION | CHARACTER | INTEGRITY



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WHEN?

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**LOVE.** Your outlook on life is a direct reflection of how much you like yourself.


**Happy Holidays.**

**HO-HO-HO.** Every Sunday in December join Lululemon and Kim Truman for four Kick Asphalt work outs at 9 am.


Choose a positive thought. Wake up and realize you are surrounded by amazing friends.

**SWEAT** once a day to regenerate your skin.

Dec. 4: Ho-Ho  
Dec. 11:  
Dec. 18:

**lululemon**  **athletica**

**Lululemon Holiday Work Out with Kim Truman**




KimTrumanFitness