

Kimberly Spreen Total Body Blast 56min 130bpm

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Kimberly is the National Group Fitness Director for Life Time Fitness, a premier healthy way of life company that operates over 60 centers across the country. She is one of Exercise TVs Star Trainers, has led several popular exercise videos and travels the country as a National Presenter, Motivational Speaker, SPRI Elite Fitness Pro, GRAVITY Trainer and Continuing Education Provider for ACE, AFAA and IFTA. Known for her passion, enthusiasm and humor, Kimberly has been educating and motivating instructors, students and clients for 15 years.

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