

Kimberly Kafka is a Certified Personal Trainer. She is also a certified Cardio Kickboxing and Body Barre Instructor. In addition, she teaches Total Body Tabata, instructs Boot Camp, and is able to train small group fitness classes. Her goal for herself and her participants is to be healthy, strong and fit. Her goal as an instructor is to provide a fun, cardio challenging workout with maximum calorie burn. She will help class members gain cardio vascular endurance, tone and shape their muscles, and torch the fat.