

Kim Knauf

Master Trainer & Nutrition Fitness Specialist



Kim Knauf is a Personal Trainer specializing in Nutrition Fitness. Kim has extensive experience in training individuals, as well as partner and small group training. She has earned a M.S. from Cincinnati University in Clinical Nutrition, and has completed the pre-med program there. Her vast experience includes:

- Nutritional Consulting, Coaching, Workshops
- Group Instruction: Cycle, Step, Yoga, Pilates, Kickboxing, BodySculpting, Hi/Lo Impact, Core, BOSU
- Competitive runner and triathlete
- Team-in training mentor for four marathons
- High school science teacher and track coach

Certifications include:

- National Strength & Conditioning Association Certified Strength & Conditioning Specialist
- NASM Corrective Exercise Specialist: Post-rehab conditioning: prevents re-injuries, corrects muscle imbalance
- NASM Performance Enhancement Specialist
- Ace Personal Trainer
- Ace Group Fitness Instructor
- Ace Lifestyle & Weight Management Consultant
- Kettlebell Trainer, TRX Certified Trainer
- Yoga FIT Instructor
- Geriatrics Fitness Specialist

My goal is to share my passion, enthusiasm and dedication to fitness and health, to inspire and motivate my clients to experience a natural, healthy and energized lifestyle. I can help you to create a fitness-nutrition plan that will work for you. You can be in charge of your own health! Let's work together to reach your fitness and health goals.

ALLSPORT
health & fitness

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