

KIM E. BONACORSI



QUALIFICATIONS & CERTIFICATIONS

- ACE (American Council on Exercise) Personal Trainer

SPECIALIZATION

Sports Conditioning and currently studying for ACE certification in Fitness over 50

TRAINING PHILOSOPHY

I am committed to fitness as way of life and would like to share my knowledge and experience to help others achieve their fitness goals. I am very familiar with each YMCA facility and will guide clients in the usage of equipment and can tailor programs for each individual's needs.

INTERESTS/HOBBIES

Hiking, cycling, yoga, traveling, gardening, gourmet cooking, reading and spending time with my family and friends.

AVAILABILITY

- Contact For Availability