

Amanda King

Education & Certifications

- B.S. Health & Human Performance - Emporia State University
- ACSM CPT
- EXOS XFS

Areas of Specialization

- Flexibility & mobility
- Pelvic floor & core training
- Geriatric populations

Fitness & Health Philosophy

"I believe that the key to health is maintaining an overall balance in life. By staying active, we not only improve our physical well-being, but we also become more comfortable and confident in ourselves and can truly live life to the fullest."

