

Katie Thompson

(913)-850-4119



Training Philosophy

"My training is individualized. It brings my clients closer to feeling whole, joyful, & in control of their bodies. Each program encourages my clients to enjoy fitness & feel strong, confident & capable! I am more than a trainer, I am a motivator, a companion, a supporter, & a friend!"

Certifications

NASM Certified Personal Trainer

Specializations

Strength & Resistance Training
Weight Management & Fat Loss
Functional Fitness & Daily Movement Patterns

Available Hours

Weekdays: Evening/Late Evening
Weekends: Morning