



Total Woman

FITNESS

by Idaho Athletic Club

Kim Mancini

Qualifications:

AAFA, Silversneakers, CPR



Kim is a certified fitness instructor, who has been teaching group exercise classes for 3 years, ranging from Strength, Step/Cardio, Pilates, Senior Fit (Silversneakers) & Aqua. Kim & her family moved to Idaho from California 2 years ago, and she began teaching at Idaho Athletic Club/Total Woman shortly thereafter. Having been a gym member most of her life, and after leaving Corporate America to be a stay-at-home mother of 3, teaching group fitness classes seemed to be a natural fit. Kim enjoys helping people stay motivated in their workouts and loves to see people transform their lives!

Fit Pro Motto:

“When thinking about health & fitness,
remember the 3 C’s:
Centered, Committed & Consistent!”