



# Total Woman

FITNESS

by *Kaho* Athletic Club

## Vonnie Klein

### Qualifications:

CPR/AED Certified

The Pilates Coach Certified

Instructor

Cardio Kick



Vonnie teaches cycling, cardio kick, strength training and spinning classes. She teaches all classes at various level so anyone can take them! Vonnie knows that getting fit and healthy takes action. She has lost over 100lbs and also won the fitness challenge a few years ago!

### Instructor Motto:

“Walk the walk don’t talk  
the talk!”