

# KIMBERLY RENOUD

Upon graduating from Western Illinois University and receiving my bachelor's degree in Kinesiology, I moved to St. Charles, Missouri to work as a personal trainer at 24 Hour Fitness. There I was part of a team that became the top gym in the region. After 3.5 years, and a very successful clientele, I decided to move my business to a private facility where I was a trainer-contractor for Emerge Fitness in 2009. I have worked with clients from the age of 8 to 80, from post-surgery to professional sports. I have had client's goals range from weight loss to muscle gain, to sports performance.

During my time I have been honored to work with athletes from the US Women's National Soccer Team as well as the St. Louis Rams and Arizona Cardinals. Most of my clients have trained with me for 10+ years, my longest being 19 years. In 2017, I moved to Jefferson City, but I always said I would continue to work in the fitness industry. While I continued to train part time at Emerge, I have been a trainer for the YMCA since 2019, and I am hoping to continue my passion and expand my services to members and non-members here in Jefferson City. In December of 2024, after 15 wonderful years, I decided to leave Emerge and focus all of my training in Jefferson City and Mid-Missouri.

I work with clients who have a hunger for success. They know what they want, and they just need some help getting there. I've always referenced me as a trainer to being like a GPS. You can tell me where you're starting and where your destination is, and I will give you the turn-by-turn directions on how to get there. But I can't drive your car for you. You have to be the one behind the wheel. If you are ready for a change and are looking for results, I would be more than happy to help you reach your goal.

**CERTIFICATIONS:** 2005 Bachelor of Science in Kinesiology with emphasis in Exercise Science

**EXPERIENCE:** 22 years, with more than 20,000 Sessions Serviced

**AVAILABILITY:** Summer: M/W-12:30-7:30 p.m.; T-6:30 a.m.-7:30 p.m.; Th-7 a.m.-2 p.m.

Fall: M/T/W-3:30-7:30 p.m.

**SKILLS:** Weight loss, Muscle strength, Post rehab, Sports performance, Corrective exercise, Daily function and mobility, as well as overall improvement in general fitness

**CONTACT:** Email: [Re.LaunchFitnessTraining@gmail.com](mailto:Re.LaunchFitnessTraining@gmail.com) | Phone: 636.345.3324

**SOCIAL MEDIA:** Facebook: <https://m.facebook.com/KRenoudCPTEs/> | Instagram: @Re\_LaunchFitness

## SESSION COST & DURATION OPTIONS:

| SESSION COST - INDIVIDUAL | SESSION COST - DUO | DURATION   | # OF SESSIONS |
|---------------------------|--------------------|------------|---------------|
| \$75/session              | \$100/session      | 50 minutes | 1             |
| \$70/session              | \$90/session       | 50 minutes | 5             |
| \$65/session              | \$85/session       | 50 minutes | 10            |
| \$60/session              | \$80/session       | 50 minutes | 20+           |
| \$45/session              | \$75/session       | 25 minutes | 1             |
| \$40/session              | \$70/session       | 25 minutes | 5             |
| \$35/session              | \$65/session       | 25 minutes | 10+           |

For more information, contact Sheila Schulte, YMCA Wellness Director, at [sschulte@jcymca.org](mailto:sschulte@jcymca.org) or 573.761.3459.

