



**Contact** Kimberly Whitfield  
**Telephone** 517-488-5471  
**Email** [kimberly@kwinspires.com](mailto:kimberly@kwinspires.com)  
**Website** [www.kwinspires.com](http://www.kwinspires.com)

**FOR IMMEDIATE RELEASE**  
**October 3, 2017**

**KIMBERLY INSPIRING BEAUTY IN STRENGTH  
CELEBRATING 2<sup>nd</sup> Annual GROUP FITNESS CLASS ANNIVERSARY  
PRESENTS  
HOLIDAY HEALTH & WELLNESS OPEN HOUSE**

Lansing, MI, October 3, 2017 - Kimberly Whitfield is passionate about motivating others to feel empowered by strengthening their bodies through healthy living. Since November 2015, Kimberly has taught several group fitness classes that help tone, sculpt and tighten the body. She was inspired by Mrs. Ernestine Shepherd in October 2015, during a visit at Mrs. Shepherd's Group Fitness class in Baltimore, MD. Mrs. Shepherd is an American bodybuilder who is probably best known for being at one point, the oldest competitive female bodybuilder in the world, as declared by the Guinness Book of World Records in 2010 and 2011; as of 2017 she is 81 years old. Since 2012, Kimberly has competed in 4 bodybuilding competitions in the bikini and fitness model classes and one powerlifting competition. In August 2014, she competed in the Drug Free Athletes Coalition (Pro-Qualifier) Pride Natural Bodybuilding Show and was named Fitness Model Overall Champion. Kimberly was featured on the December 2014 cover of Healthy & Fit Magazine, Mid Michigan's Original Health & Fitness Publication.

A free open house will be held on Saturday, November 25, 2017 (9:00 a.m. - 12:00 p.m.) at **GO WORKOUT FITNESS CENTER - WEST located at 6135 W. SAGINAW HWY. LANSING, MI 48917**. During the event, the community will have the opportunity to meet Kimberly, inquire and register for 2018 fitness classes, and enjoy light refreshments. Guests will also have the opportunity to participate in a complimentary group fitness class with Kimberly (10:00 a.m. – 11:00 a.m.).

If you would like more information about this event, contact Kimberly Whitfield at 517-488-5471 or email, [kimberly@kwinspires.com](mailto:kimberly@kwinspires.com)

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