

# FITNESS

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## Advantage

*Women's Personal Training*

**Katie Butler, fitness director, BS, Sports & Fitness Management**  
**NETA certified personal trainer**  
**AFAA group fitness instructor**  
**Les Mills BodyJam, BodyPump instructor**

Katie has been enthusiastically improving the quality of many Body Boutique members' lives since year 2003. Her active lifestyle consists of keeping up with her young daughters, Addison and Jacie, as well as serving as Body Boutique's fitness director and as one of its topnotch certified Les Mills group fitness instructors! Katie shares her contagious enthusiasm with members as she teaches numerous classes, including BodyPump and BodyJam. She earned her degree from KU in Sports and Fitness Management and received her NETA personal trainer certification in 2005. She and her husband, Dustin, reside in Lawrence.

**Candice Honnold, BS, Fitness & Wellness**  
**USA Weightlifting certified**

Our veteran personal trainer, Candice has served as a popular Body Boutique personal trainer for six years. She may be soft spoken, but no doubt, this woman makes her clients WORK! She received her BS in Community Health Education/Fitness & Wellness and has extensive experience working with cardiac rehab clients. Candice has successfully led many of her clients to a higher level of fitness through small group and one-on-one training. She enjoys working clients at all fitness levels, including older adults, has a USA Weightlifting certification and is working toward an NSCA (National Strength & Conditioning Association) certification. Candice & her husband, Darric, have three children. She enjoys being outside with her boys and running in her free time.

**Amber Long, M.Ed.**  
**ACE certified personal trainer**  
**AFAA group fitness instructor**  
**Les Mills BodyJam instructor**

Amber got involved in personal training as a means to share her fitness knowledge with people, and give them the necessary tools and inspiration to accomplish their fitness goals. Her personable nature and genuine interest in her clients and their fitness goals, ensures that everyone Amber works with is going to receive the best possible program to fit their lifestyle needs. Amber has been in the fitness field for seven years- personal training, educating and teaching group fitness. Amber is especially interested in the functional nature of fitness, training the body to be strong in everyday life. She focuses on all components of a comprehensive fitness program - nutrition, the mind/body connection and exercise. Amber strives to create personalized fitness programs that her clients can use to better their everyday lives - in and out of the gym.

**Jalon Grogan, BS.Ed.**  
**ACE certified personal trainer**  
**Les Mills BodyPump, BodyVive instructor**

Building relationships. Offering women a trusted and knowledgeable resource who can help them achieve goals that they may not be able to achieve on their own. Those are two of Jalon's greatest goals as a personal trainer. Personable and fun, Jalon engages everyone she meets with her friendliness and warm personality. She became a personal trainer because at the core, she believes that women need to be physically fit to be able to lead happier lives.

As a mom of three busy girls, she understands all too well the importance that balance plays in our every day lives. Making fitness a priority through personal training helps women achieve their optimum level of fitness. In many cases, she believes, working with a trainer is the key to success! Jalon strives to help her clients find the balance they need and the optimum fitness level they want through one-on-one personal training.

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**Natalie Wilkins, BS, Community Health**  
**ACE certified personal trainer**

Natalie received her community health degree from the University of Kansas and her personal training certification from the American Council on Exercise (ACE). She has always been interested in fitness and nutrition, and has extensive experience working as a nutritional counselor. Currently, she is working toward her ACE weight management certification. Her goal is to help clients get and stay motivated, while gaining more fitness knowledge so they can achieve results faster. Natalie drives hard, and likes to keep her workouts fast-paced, challenging and functional. In her free time, Natalie enjoys spending time with family and friends, playing with her dogs, hunting, cooking and being outside.

**Sara Kapfer-Dicker, BA, American Studies**  
**NASM certified personal trainer**  
**NASM Corrective Exercise Specialist**  
**Les Mills BodyStep, BodyVive instructor**

Sara earned her personal training certification through the National Academy of Sports Medicine and also has her Corrective Exercise Specialist certification. Sara became a personal trainer because she loves being able to help people reach their fitness goals. She understands that it can seem like a daunting task to accomplish fitness goals alone and she wanted to help people with their journey towards better health and fitness. Healthy living is a choice, and Sara wants to help make that choice easier for people. In her free time, Sara enjoys playing with her beautiful children and sewing!

**Nancy McCafferty, BS, Nursing**  
**NASM certified personal trainer**  
**NASM Corrective Exercise Specialist**

Nancy also earned her certifications through the National Academy of Sports Medicine. With her corrective exercise specialist certification, McCafferty specializes in working individuals with muscle imbalances that result in back, knee, ankle, shoulder impairments and pain. She also is a registered nurse, receiving her degree from Washburn University.

Nancy became a personal trainer because she wants to live life loving what she does. Fitness has been a part of her life since she was a child, and because she enjoys it, she wanted to incorporate it into her life as much as possible. She also loves being around people and helping people and is willing to do whatever it takes to help someone.

In her free time she enjoys doing anything outdoors! She loves running, riding bikes, reading, being with friends and family, traveling, fishing and watching 24.