

Kim Saari



Certified by the International Fitness Professional Association and JR Iron Body Training, where she is ranked as one of the top trainers in the country, Kim incorporates unique core training with resistance exercise and conditioning activities to improve the body's ability to perform at peak levels. Kim has been training clients in the Phoenix area for over 30 years and enjoys helping people feel better about themselves by helping them feel good waking up each day ready to enjoy life to its fullest. Kim trains clients of all ages and fitness levels at various locations in the Phoenix valley.

Kim is a professional WNBF natural bodybuilder who completed in the Mr./Mrs. WNBF Pro Universe competition in the Cayman Islands. She has been featured numerous times in SWEAT Magazine and Natural Bodybuilding Magazine. She has also competed in marathons, triathalons, adventure races and obstacle course events including the infamous "Tough Mudder" event; a 13.5 mile event with 26 obstacles, mud & even electrical currents! Kim holds her WNBF pro card in body- building, figure and fit body.



Located in beautiful Mission Bay, San Diego, California, our camp is designed for women of all ages and levels of fitness.

If you can walk and have the desire to have fun and learn more about how to live a healthier lifestyle; this retreat is for you!

The camp is about health, wellness, camaraderie and fun. This is a multi-dimensional event that incorporates various fitness classes, personal training and educational seminars on the beautiful waters of Mission Bay and Pacific Beach.

The wellness retreat is small in numbers to ensure that each participant receives individualized attention throughout your stay. The camp is conducted by Kim Saari, certified personal trainer and strength & conditioning coach (see bio).

Contact Kim: strongforlife@ymail.com
(602) 793-0002

Date: May 1-3, 2026
(Friday 6pm – Sunday 12 pm)

Cost*: \$889.00 (cost is nonrefundable).
Deposits of \$600 are being accepted now and will reserve your place.

Payment: Payment can be made by cash, check and venmo directly to Kim Saari or via Paypal at strongforlife@ymail.com

***Cost** does not include food or lodging – The Catamaran Resort Hotel & Spa is a full-service hotel on the waters of Mission Bay.