



426 A McCall Road
Manhattan, Kansas 66502

4201 B Anderson Avenue, Suite 1A
Manhattan, Kansas 66503

P: 785.776.0670 | F: 785.776.0096
Fitness@MaximumPerform.com
MaximumPerform.com

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MAXIMUM PERFORMANCE ADDS PERSONAL TRAINER

Lilli Bolte has joined the fitness team at Maximum Performance.

A Wichita native, Lilli grew up playing several sports and set her sights on a career in fitness at an early age. She earned her certification through the National Academy of Sports Medicine in 2019 and is currently pursuing her bachelor's degree in kinesiology at K-State. After graduation, Lilli plans to continue her education and grow in her expertise.

"I love fitness because it can be both healing and prevention. It is amazing to see people transform and improve their quality of life," Bolte said.