



HEALTH AND FITNESS SERVICES

Keep Spinning Studios LLC
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NORTH CAROLINA:
Raeford, NC 28376

CAPABILITIES STATEMENT

ABOUT KSS

Keep Spinning Studios LLC (KSS) is a certified Woman-Owned, Minority-Owned Small Business delivering professional fitness instruction, health education, and wellness coaching services. Founded by an ACE-certified personal trainer and health educator, KSS specializes in adaptable, evidence-based fitness solutions designed for military populations, veterans, civilians, and diverse ability levels. KSS offers both virtual and in-person instruction across fitness disciplines, and has extensive experience managing group classes, personal training, and functional fitness programs.

CORE COMPETENCIES

- Certified Fitness Instruction:
 - Personal Training (strength, cardio, flexibility, weight management)
 - Group Fitness (aerobics, HIIT, bootcamp, cycling, resistance training, kickboxing, Zumba, circuit training, abs, body sculpting, step, Pilates, meditation)
- Pre-Activity Health Screenings (PAR-W compliance)
- Administrative & Scheduling Support
- Fully Compliant Certifications

PAST PERFORMANCE

- Delivered group wellness classes, one-on-one personal training clients, functional training, and pop-up bootcamps for community organizations.
- Performed group fitness classes and planned events for military personnel during Operation Freedom's Sentinel, NATO Resolute Support Mission in Kabul, Afghanistan.
- Strong reputation for professionalism, adaptability, and consistent delivery of high-quality fitness instruction.
- Previous ownership and operation of private cycling studio in Fayetteville, NC.

CODES & CERTIFICATIONS

- CPR/AED/First Aid Certified (American Red Cross)
- ACE – American Council on Exercise Certified
- Liability Insurance coverage meeting \$1,000,000 requirement
- HIPAA, SOC 2, GDPR, WCAG 2.1 Platform compliant for digital services
- SBA-Certified WOSB | SAM Registered



DIFFERENTIATORS

- Community-centered with prior experience operating a full-service fitness studio.
- Highly adaptable instructors with backgrounds in functional fitness and therapeutic wellness.
- Full compliance with DoD and USAF credentialing and certifications, and reporting requirements.
- Ability to scale staffing to support APF and Naf funded fitness programs.
- Proficient administrative management of scheduling, certifications, and reporting requirements.

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