



Sharon Kleyne Hour
Monday at 10 AM Pacific
August 10th 2020: Fitness and Beyond

Born with Lymphangioma, Ms Joanne Schmalenberger, a wellness educator and fitness trainer has developed several fitness programs that focus on strengthening cellular development in the body. Tune in to this episode to learn more about fitness and beyond!



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Featured Guests



Joanne Schmalenberger

Joanne Schmalenberger – Founder of GravOxy / Beyond Fitness/ Fun Fitness on the Run/ Body Work That Works Born with Lymphangioma, Joanne has been fortunate to experience amazing life lessons that have impacted her career as an “outside the box” wellness educator & fitness trainer. She has dedicated herself to a life long pursuit of learning that has taken her throughout the world to do study fitness modalities that emphasize natural body movements. This journey has taken her beyond traditional fitness domains to study biology, physiological anatomy and physics. She studied Psychoneuroimmunology and Psychological Anatomy. From many aspects of her 40 years of experience and education, she ha

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Guest Image

Kevin Kerans

Kevin Kearns is an internationally known fitness trainer. He is also the Founder/CEO of Burn with Kearns and Beach Bod Transformation; and All-star Conference Presenter for IDEA, the world’s largest association for fitness and wellness professionals.

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