

PERSONAL TRAINING WITH

Joan Willy



Education/Certifications

- ACE Certified Personal Trainer
- ACE Funtional Fitness & Orthopedic Specialist ACE & AFAA Group Fitness Instructor
- Rock Steady Boxing Coach
- YogaFit Certified
- Spin Certified

Training Philosophy

I like to work hard, have fun and enjoy what I'm doing-in exercise and in all parts of my life! I've been active in the fitness industry for over 30 years. I believe we can adapt our exercise programs as our needs and bodies change to live our lives to the fullest. Let's work together to create strong minds and bodies to feel our best each day.

Interests

When I'm not in the Fitness Center, I enjoy traveling with my husband, hiking, cycling and visiting with friends and families all over the country.

**"The only person you are destined to become is the person you decide to be."
-Ralph Waldo Emerson**