



Joni
PERSONAL TRAINER

Let's Map Your Fitness Strategy!

TRAINING PHILOSOPHY

I'm passionate about helping people of all ages build strength, improve mobility and develop healthy, sustainable habits.

AREAS OF SPECIALTY

- More than 30 years of experience
- Focus on strength training, Pilates, yoga and nutrition

INTERESTS & HOBBIES

- Regularly compete in trail running events and triathlons
- Paddle-boarding
- Experimenting with new recipes
- Spending time with my grandchildren

EDUCATION/CERTIFICATES

- ACE Personal Trainer
- Precision Nutrition Level 1 and 2
- Precision Nutrition Sleep, Stress and Recovery Specialist
- Stott Pilates mat and reformer
- 500 hr yoga teacher training
- National Board Certified Health and Wellness Coach

BOOK YOUR APPOINTMENT TODAY!

Register at the Membership desk
or ymcadane.org

