

**New Yoga Class!  
Mondays & Wednesdays @  
12:15Pm**

***New Yoga Class!  
Begins September 13th.***



**Judy believes that personal fitness has to be a lifestyle; “so it stands to reason that if we are not happy with our current level of fitness, then something within our lifestyle has to change! That’s where I come in....helping you make changes, one workout at a time”.**

**Her passion for fitness lies in the areas of weight loss, injury rehab, functional training in regards to special populations i.e., diabetes, arthritis, MS and fibromyalgia. She’s also skilled in all levels of power, reactive and strength training.**

**Over 20 Years in the Fitness Industry  
Certified Personal Trainer- NASM  
Yoga Instructor-Yogafit, Inc.  
Physical Therapy Aide-Oregon State**