

# Joy Brown

## Pilates Instructor

### Education | Certification

- AAFA
- PowerHouse Pilates
- CPR and First Aid



### Philosophy | Style

Joy has a long history in the fitness industry. At age 15 she discovered aerobics and has been hooked on exercise ever since. Certified in Group Exercise in 1988 and as a personal trainer in 1993, Joy has helped 100s of people feel better, live stronger, become free-er from pain, and be able to have more fun and vitality in their lives. Since 2001, Joy has been teaching Pilates through individual private sessions with an added benefit, at UFIT, of access to gym equipment to provide personalization and variety for each client. Joy welcomes conversations about how she might bring strength, power, health and fun to your workouts and your life.



Call Joy at 832.567.2646