

Nicole Frangopol, Certified STOTT Pilates Instructor

Nicole earned her Bachelor's degree in Health Promotion, Wellness Management from Grand View University in 2008. Nicole currently works at Des Moines University as a Wellness Specialist and is a certified group exercise instructor through Athletics and Fitness Association of America (AFAA). Nicole became a certified STOTT PILATES mat and reformer instructor in June 2015 and has also completed, Total Barre training and level 1 TRX suspension and TRX RIP training. Nicole is a Des Moines native with a true passion for fitness and wellness. Her love of Pilates came about when she took classes at DMU and really started to notice the benefit of the STOTT PILATES method, so she decided to pursue the certification process. Nicole has found Pilates to be a great tool to enhance all fitness levels and body types and looks forward to helping others gain the benefits of Pilates.