

**Julie Hall, Certified Personal Trainer & STOTT Trained Pilates Instructor**

Julie Graduated with a B.A. from the University of Iowa. She became an ACE certified personal trainer and instructor in 2000. Julie has worked since 2001 as a personal trainer, and she also taught strength training, interval training, boot camp, kickboxing, aqua aerobics, spin classes, and yoga. Julie's interest in personal training and physical therapy soon led to a desire to work towards her certification as a STOTT PILATES instructor. The focus of STOTT PILATES is optimal strength, flexibility and endurance-without risking injury or building bulk. Julie is passionate about her one-on-one and small group work with her personal training clients, and instructing group fitness classes. The result is creating intelligent exercise that is both safe and effective for her clients and classes.