

**Amy Belvo, Certified Personal Trainer & STOTT Trained Pilates Instructor**

Amy graduated from UW La Crosse with a B.S. in Physical Education, emphasis in Adult Fitness and a Coaching minor. She completed her internship in cardiac rehabilitation at both UW La Crosse and the Minneapolis Heart Institute and also worked in pain management at the Sister Kenny Institute at Abbott Northwestern Hospital. Amy is a STOTT Trained Pilates Mat and Reformer Instructor and a Certified Kettle Bell trainer. She believes that good health comes from creating a lifestyle of healthy eating AND exercise and also believes that everyone can exercise. Amy has worked with all levels of clients and looks forward to helping you reach your health and wellness goals. Outside of work, her interests include: spending time with family, camping, hiking, triathlons, half marathons, reading, and puzzle books (exercise for the mind is important too!).