

Lisa Maharry, Certified Personal Trainer & Group Fitness Instructor

Lisa Maharry has her BS degree in Exercise Science from Iowa State University. She has been in the fitness industry since 1989. She has been working at the Principal Financial Group for the past 30 years in the wellness center. Lisa teaches a variety of fitness classes ranging from spinning, boot camp, strength, yoga sculpt, and yoga. Most of her day is spent in small group training sessions held at PFG.

She is a certified Personal Trainer through ACE (American Council on Exercise), certified spin instructor through Keiser, and has her 200 HR training in yoga. She is currently working on a life/health/nutrition coach certification through The Health Institute. Lisa's goal for her clients is to be the best they can be.