

**Amanda Garcia- STOTT Trained Pilates Instructor, Personal Trainer, Class Instructor**

Amanda joins the FBD team with a long history of teaching Pilates and personal training. With a degree in Exercise Science and Sports Management from Iowa State, she has worked in a variety of fitness/wellness settings and with a vast array of clientele. She has taught Pilates for 18 years and LOVES it. She attained her STOTT Pilates Level 1 and Level 2 certifications in mat work, reformer, Cadillac, chairs and barrels, as well as Injuries and Special Populations. She also completed training as a Pink Ribbon Breast Cancer Exercise Specialist.

When not teaching, Amanda is spending time with her husband and their six children. You can usually find them on a soccer field.