

Barb Mendoza, Owner & Certified Personal Trainer

Barb Mendoza, owner of Fitness by Design, is a Gold Certified Personal Trainer through the American Council on Exercise and has her B.S. Degree in Exercise Science from Iowa State University. She has been in the fitness industry since 1989 and is recognized as an Elite Personal Fitness Trainer by the International Dance Exercise Association (IDEA). Over the years, Barb has motivated her clients to make healthy lifestyle changes involving exercise, nutrition, and stress reduction. She has experience training in a health club setting, clients' homes, as well as the private studio.