

Isabel Mendoza, Certified Personal Trainer and STOTT Trained Pilates Instructor

Isabel grew up in the Des Moines area and attended Dowling Catholic High School. Growing up, she loved to be active and was involved in several sports, including volleyball, soccer, track, and basketball. She earned a Bachelor's degree from Iowa State in Kinesiology and Health with a minor in Child, Adult, and Family Services.

Isabel completed the Mentorship Program at FITNESS By Design and is a Certified Personal Trainer through the American Council on Exercise (ACE) and a STOTT trained Pilates instructor. She is currently training to become a Functional Aging Specialist through the Functional Aging Institute (FAI).

In her free time, you can find her cooking vegan meals, going for walks, participating in church activities, or reading a good book.