

## Joy Nobles- Certified Foundations 2 Pietra Fitness Instructor

Joy is a farm girl raised in Western Iowa. She moved to Des Moines in 2008 to attend Mercy College of Health Sciences. She has her Bachelor's in Nursing (amongst several other Health Science degrees) and has been practicing as a Registered Nurse since 2012. She currently works as a surgical nurse primarily on the Cardiothoracic/ Peripheral Vascular team.

Joy is excited to introduce Pietra Fitness to the Des Moines area. Pietra Fitness is an exercise class that includes stretching and other full body movements to strengthen the body physically while using Christian prayer and meditation to strengthen the mind/soul spiritually. As other mind/body exercises, Pietra Fitness a spiritual component and respects people of all faiths. All are welcome! Pietra Fitness was founded in 2008 and this is an awesome opportunity for the people of Des Moines to experience this exercise LIVE! Joy plans to complete her certification for Foundations 3 instructor early 2022 as well as continue learning so she can certify in chair and perinatal classes.

Joy lives in West Des Moines with her husband, son and two dogs. They have a daughter (married with a young daughter) and son (engaged) who both live out of state. They enjoy traveling to see kids and other relatives. Their hobbies include camping, boating, hiking (more leisure than sport) and cycling when they find a free minute or two.