

Victoria Gloe Personal Trainer, Group Ex Instructor, Pilates Instructor

After some experience working on Capitol Hill in Washington, D.C., and encountering the multi-faceted issues in health care, Victoria was drawn to further her education and completed her M.S. in Health Fitness Management through American University in 2000. Having worked in advocacy and corporate health promotion she also decided to put her skills to use teaching and directing a wide variety of fitness formats, including personal training and pilates.

Victoria has been certified by ACE, AFAA, STOTT Pilates, Reebok Cycling, and Yahweh Yoga. She is passionate about health and wellness and people's innate capacity for health and healing. She is thrilled to come back to personal training and group fitness formats.

Outside of physical fitness, Victoria holds a certificate in spiritual direction and enjoys offering spiritual wellness retreats in the community. She is delighted to primarily be a mom, stepmom, dog mom, cat mom, wife, friend, daughter, and sister. She enjoyed homeschooling her children for 3 1/2 years, deeply loves long walks in nature, biking, yoga, quiet time reading (there may be way too many books in her home!) and spending time with family and friends. And, in 2022, she completed a course in plant-based eating and enjoys getting creative with food!