

Gail Witte-Certified Personal Trainer/Group Fitness Instructor/Stott Pilates Instructor:

Gail started teaching group fitness in 2004 after graduating from the University of Maryland with a degree in Dance. Soon after, she achieved an ACE Personal Training certification. Gail has taught many formats of group fitness over the years and is now also adding a STOTT Pilates certification to her list of credentials.

You'll meet Gail in group fitness classes, privates, or a Pilates group when you are in the studio!