

My name is Amy. I was raised in Texas and transplanted to Iowa just before high school. I was never an athlete in school, but once I was living on my own, began going to a gym near my home for the social aspect and got hooked on lifting weights. Since then I have also taken and taught kickboxing, taken Pilates, Barre & Yoga. My family consists of my husband Jon and our two daughters. As our kids have grown and now are nearly adults, I have taken the opportunity to explore where to put my time and energy. I took my 200 hour YTT in the fall of 2021 and began teaching in February of 2022 with a focus on private instruction. When I am not teaching or working with my husband in Real Estate I enjoy walking our dog, reading and spending time with friends and family.