

Candice has been teaching pilates since 2008 and is a certified STOTT PILATES instructor for mat and equipment. She has been an Aerobics and Fitness Association of America (AFAA) certified personal trainer since 2006. She has had experience in both large group and private settings doing pilates, strength training, TRX, and kickboxing. She has always been an active out-of-doors person doing anything outside rather than in. After recognizing how exercise benefited her both physically and mentally, she decided to help others feel the same benefits. Candice enjoys helping her clients feel great so they can do the things they enjoy better.