



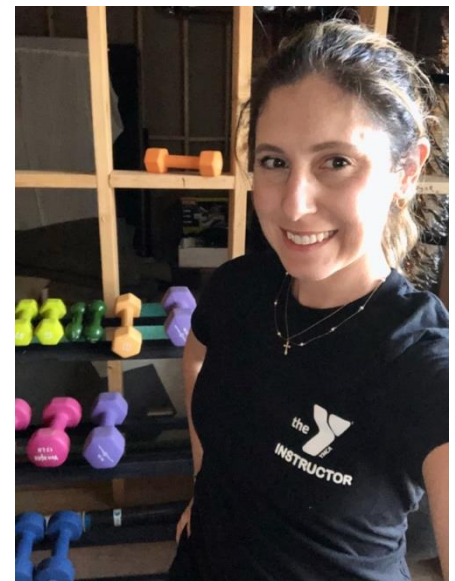
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JULIA MAHER PERSONAL TRAINER

Julia specializes in developing long, lean, and strong muscles using a goal-oriented approach to build, recover, maintain, and create healthy lifestyle habits.

Early in her career she minored in Dance, earned a Vinyasa Flow Yoga Certification, and ran Full Marathons for fun. During her vast and worldly travels, she taught and filmed overseas. She has three daughters and became Certified to instruct Pre and Postnatal Women. As her babies grew, she became a Children's Holy Yoga Certified Instructor. Now she is a Certified Personal Trainer, a *Certified Group Fitness Instructor*, and a *Certified Tabata Instructor*.

Her goal is to help clients create a practice that's sustainable and fulfilling, whether that's through a combination of yoga, strength training, or cardio. She welcomes individuals of all fitness levels and provides personal training and classes from Prenatal and Postnatal Moms to Grandparents.



Contact Information:

- JuliaRoseMarieMaher@icloud.com