



TEAM MEMBER BIOGRAPHY

ALBERT SHERMAN FITNESS CENTER



Judy Potter, CFW Health Fitness Specialist

- **BS Exercise Physiology and Minor in Nutrition**
- **Certifications CPT NASM, AFAA, CPR/AED**
- **Specialty Certification 200 Hr Yoga Instructor - RYT**
- **Group Classes-Kickboxing, Step, Total Body Conditioning, Tabata, HIIT, Kettlebells, Running Club**

Biography

- **Training Philosophy –Train for life - make it part of who you are!**
- **Training Style – Involving and conditioning the entire body as a working unit by incorporating body weight, strength, cardiorespiratory endurance, stability, balance, and flexibility.**
- **Favorite Quote - “Great things never come from comfort zones”**
- **Favorite Exercise – “Woman Maker”**
- **Interests - Spending time with my three children, being a loving daughter to my elderly mom, helping friends and family with their fitness and nutrition questions, reading about yoga and psychology.**
- **Interesting Fact - Qualified and ran the Boston Marathon in 2009.**