

meet JULIA WOODD

PERSONAL TRAINER

ABOUT ME

I grew up playing sports of all kinds, including gymnastics, soccer, track and field, dance, cheerleading, and even horseback riding. Having a childhood rooted in sports, my passion for movement and exercise developed very early on.

I spent years dealing with pain/injury in almost every area of my body that were largely the result of poor mobility, movement patterns, and breathing mechanics. In working through that, I found myself equally as passionate about helping others improve these things in the hopes of avoiding what I had experienced.

I continued my education through Functional Range Systems and the Postural Restoration Institute and include this level of my education with every client I work with. I believe that any structural issue in the body should not be ignored and should be placed just as high in importance as traditional strength training. If a strong foundation isn't there, building on top of it is going to be hard.

You are not just your body, but so much more than that and that's why I believe in a full-circle approach when working with individuals.

MY MOTTO

You can create anything you want for yourself.

QUALIFICATIONS

BS in Exercise Science - Eastern Washington University (2019)

Certified Strength and Conditioning Specialist – National Strength and Conditioning Association (2019)

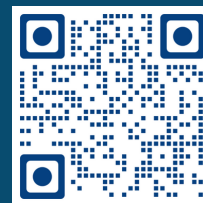
Contact Julia at jwoodd@spokaneclub.org



WHAT MY CLIENTS SAY

"When we began our sessions, I was looking to redevelop an exercise routine in the aftermath of a serious accident. Julia has been crucial in helping me regain strength and endurance. Our sessions have also given me the confidence to do more on my own. She'll push you further sometimes and other times reign you in, so you spend the most time possible working optimally and getting gains faster. Most importantly, our sessions are always fun. There's plenty of sweat and effort, but lots of laughter too."

Marnie Schroer



SCHEDULE WITH ME