

Brenda Cloud

Personal Trainer

BS in Exercise Science from UNI
ACSM Exercise Physiologist Certified
Stott Mat Pilates Certified
Balanced Body University Pilates Reformer Certified
Balanced Body University Pilates Arc Certified
YogaFit Level 1 certified
YogaFit YogaStrength certified
Functional Movement Systems Level 1 & 2 certified
Schwinn Cycling Instructor certified

Things that bring joy to me:
Yoga, biking, running, swimming outdoors, relaxing by the Caribbean, hiking,
reading, travel and my family.

One of my goals as a fitness professional is to support, give direction, motivate and
share how fitness/wellness can improve one's health--mind and body!
Be patient and give yourself grace in your fitness/wellness pursuits.

My motto is "Feel Good! Love your Life!"