

MANDY IVORY
IVORY FITNESS

Mandy Ivory is a highly seasoned Personal Trainer and Fitness Instructor with a passion for helping people achieve their health goals. With a remarkable career in fitness spanning over 25 years, Mandy is one of the most experienced instructors in the area. Mandy started teaching group fitness classes in 1999 and brought that high-energy motivation to one-on-one coaching starting in 2013. Backed by gold-standard certifications from the National Academy of Sports Medicine (NASM) and AFAA, as well as specialized training like SilverSneakers, Mandy is dedicated to helping people achieve lasting health and fitness.

Please note that I would like to donate my time for the chair yoga class to your organization in honor of two women who have recently had losses in their lives, Marylou Bradley and Malta Bailey

Thank you for honoring this request.