

Mind/Body Trainer

Judy Weeks



EDUCATION/CERTIFICATIONS

Bachelor in General Studies emphasis in Science
University of SW Louisiana
Secondary Education in Science and Psychology
University of Texas in Tyler
Stott Pilates Certified in All Levels of Mat and Reformer
Apprentice in Cadillac, Chair and Barrel
Piyo Certified
Hip Hop Hustle
Certified Dance Instructor

ACCOMPLISHMENTS

Completed Marathons - Boston Marathon 2005, Chicago,
San Diego, Maine, Dallas and Utah
Completed Half-Marathons - Tahoe, Philadelphia, Dallas
and Houston.
Participated in Texas Independence Relay
(203 miles running relay)

SPECIALTY TRAINING

Prenatal Pilates
Jump Board
Pilates on the Bosu
Functional Fitness Circle
- mat and reformer
Resistance Training for Teens
Pilates with Props - mat and reformer
Athletic Conditioning on the Reformer
Sculpting with flex band