

Jocie Palanza

Pilates/Personal Trainer/Group Exercise

Jocie has been involved in the fitness industry since 2004. She has experience working with clients of all ages and fitness levels.

With a background in Pilates, she is able to incorporate these principals in her functional training sessions and group fitness classes. She enjoys creating challenging workouts, and watching people overcome hurdles and reach their goals. Whether it's mastering a perfect push-up, or completing a marathon, she believes nothing is impossible if you truly put your heart into it.

Jocie believes that anything can be achieved if you put your mind to it. She motivates her clients to work their hardest, doing things they never thought possible. "There is nothing more rewarding than seeing someone do something they never thought they could do," she says. Jocie speaks from experience, as she just completed her first marathon, which had been on her mind for several years.

When she isn't at the gym, Jocie loves spending time with her daughters, Finley and Mila, and enjoys running and going to the beach.

