

Andrea Narrow

Andrea has been practicing Pilates for over fifteen years. She has particularly enjoyed the benefits of Pilates to help supplement her training and address her old sports injuries. After taking several years off to start her family, Andrea became focused on health and wellness. She became certified in Pilates by the Pilates Academy International in Mat and Reformer, and is now working on her qualification as a personal trainer.

Andrea has been a member of Level Fitness for over eight years and, now that her three daughters are old enough to free up more of her time, she has taken the opportunity to be teaching Pilates and Group Fitness classes at Level. She is eager to share her training and help others reach their fitness goals.

Andrea Narrow grew up in Washington DC. She has always been active in sports including soccer, field hockey and running. After graduating from Loyola University in New Orleans, Andrea returned to DC. She went on to receive a master's degree in Special Education from American University. After graduating, she started a tutoring business and did educational counseling at several local schools.

Pilates/Group Exercise

