

Jocie Palanza

Pilates/Personal Trainer/Group Exercise

Jocie has been working in the fitness industry since 2002. Her first love was running, which later evolved into weight training and eventually barre and pilates. She has been trained in various formats over the years, and completed her pilates training in 2007 through Pilates Academy International based out of New York City. Her mentor trained at the original Lotte Berke studio in New York City, and later trained Jocie in barre, BarSculpt (r) and Cardiolates.

Jocie has worked with fitness enthusiasts of all ages and levels. Her favorite part of being an instructor is motivating and pushing people to where they didn't think they could go. Whether it's during a single exercise or workout, or finally reaching a long term goal, she loves seeing someone accomplish something they've set out to do. In her spare time Jocie enjoys going to the beach, spending time with her two girls Finley and Mila and drinking craft beer with her friends.

