

Pascha brings new life and positive energy which will help her clients achieve their ultimate fitness goals. As a mother, Pascha has been her own best client, dropping more than 45lbs in only 4 Months, after delivery. With a family history of diabetes as well as Cardiovascular disease, Pascha knows what it takes to get in shape. With proper health and nutrition, Pascha maintains her fitness through hard work and dedication.

Pascha diligently conditions herself to be the best motivator for her clients, by setting the example. Pascha currently teaches Pilates classes, which specialize in Muscular Endurance, Core Strength, and Flexibility. She understands that clients are motivated and driven from someone who has their same focus in mind.



Pascha Brown

Certifications:

ACE Certified Personal Trainer
Mat Pilates 1 & 2 Certified



Pascha's desire to inspire her clients to improve their overall wellbeing has helped her clients to reach their ultimate goals. Pascha will develop a specialized program to include, but not limited to: Mobility, Strength and Core stabilization, flexibility and overall balance. The guidance and support she provides her clients will always enable her clients to have a "YES I CAN ATTITUDE."

Areas of Expertise:

Resistance Training
Weight Loss Programming
Cardio Respiratory Training
Core Stabilization
Rehabilitation
Postural Assessments
Athletic Training
Special Populations Training