



Total Woman

FITNESS

by *Kaho* Athletic Club

Debie Malone

Qualifications:

**Certified Bender Ball Pilates
Instructor**



Having been in the health industry for the past 30 years, Debie has had the opportunity to instruct and learn many different facets in the field of fitness. Her experience includes personal training and instructing cardio, senior citizen flexibility, Yoga, Pilates, and spinning classes. Health, beauty & art have always been a part of her life, and the healing powers of Yoga have allowed Debie to continue her quest for the unity of mind, body & soul. This passion resulted in Debie becoming a licensed Permanent Make-up Artist.

Fit Pro Motto:

“If you want to be healthy,
do healthy things.”