



# Total Woman

FITNESS

by *Kaho* Athletic Club

## Emily Gallup

### Qualifications:

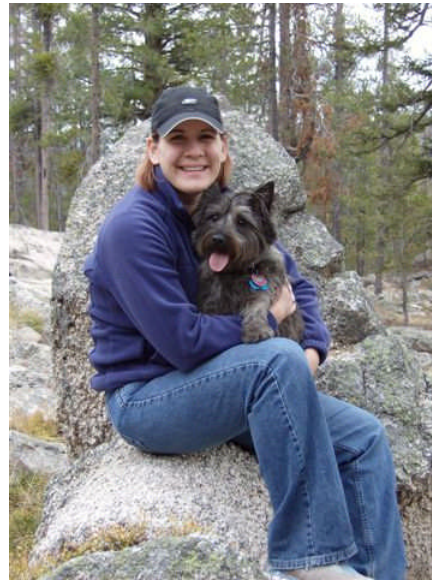
BS Elementary Education

ACE Group Exercise Certification

YogaFit Level 1 & 2 Certification

SilverSneakers Certification

CPR Certified



Emily has been teaching group exercise since 2003. From Cycling and Step to Yoga and Pilates, she loves to teach any format that challenges the mind and body. When not teaching at Total Woman she is busy teaching a wild and wonderful bunch of First Graders! For fun she loves to run, cook, shop, and spend time with family and friends.

### Fit Pro Motto:

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.” Romans 10:24