

Stephanie Bixler

Education

University of Georgia 1988 Bachelor of Arts in Journalism

Florida State University 1998 Bachelor of Science in Dietetics

Employment

Gills YMCA of Greater St. Petersburg 9/2001 – current

Group Exercise Instructor 2/2005 - current

Personal Trainer 4/2004 – current

Certifications

YMCA of the USA

1. YMCA Group Exercise Instructor
2. YMCA Personal Training Instructor

SCW

1. Mat Pilates
2. 100% Hands on Personal Trainer

Silver Sneakers

1. Muscular Strength and Range of Motion
2. Cardio Circuit
3. Silver Splash

Currently Teaching: Spinning Boot Camp
Pilates Silver Sneakers