

Candace Conaty

DIRECTOR OF OPERATIONS

EDUCATION & EXPERIENCE

I started in the fitness industry in 2001. I am a AFAA-certified personal trainer and group exercise instructor and a 500 Hr RYT yoga instructor. I have also completed training as a Certified Ergonomics Assessment Specialist. I have studied and practiced weight training, yoga, barre, Pilates, boxing, core training and much more.

TRAINING STYLE & PHILOSOPHY

I believe health and fitness is best achieved when it fits into the realm of what you enjoy doing and the amount of space you have in your life to practice healthy habits. Proper exercise form is everything to me so prepare to be corrected so we can keep your body safe during our workout. I specialize in core training and love the creativity of these types of workouts.

IF I WEREN'T WORKING IN FITNESS, I'D BE A:

I would be some kind of a social worker or family therapist.

CONTACT ME AT

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