



Karen Aylor-Chenoweth

Pilates Instructor
Personal Trainer
Holistic Health Coach

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How do we slow down our aging process?
ONLY with exercise, eating and sleeping well,
& meditation. *Everyday.*

Want to learn exactly how to acquire amazing
core strength? And become more toned with
increased flexibility?

Are you interested in learning what to eat to
increase your energy and decrease bodyfat?
See me to find out and get your personalized
pilates, resistance training, or food plan.

Then... I want you to guess *my* age!

- Level I certified Peak Pilates System Mat, Reformer, Tower Chair Instructor (Classical Pilates)
- Balanced Body Reformer Level 1 Instructor in training
- A.C.E. certified Personal Trainer specializing in Functional Training & Balance work
- A.F.P.A. certified Nutritional Consultant
- Holistic Health Coach certified by The Institute of Integrative Nutrition and Columbia University
- Fitness Assessment (Body Composition, Aerobic Capacity, and Muscular Endurance testing) Personal Trainer