

Joanne Blackerby



What Clients Say About Joanne

Working out with Joanne has changed my life. I was at a point in my life where I wasn't motivated and didn't even want to go walking, much less work out. But I knew I needed to do something. I started working out with Joanne with three other girls once a week and having three other people and Joanne there held me accountable and encouraged me to keep on coming to workouts. Four years later, I work out three to five times every week, run 5ks and even 10ks without a second thought, and have completed at least five triathalons. I have a whole new group of friends that I've made through my workouts and through all of this Joanne **has become a mentor, a friend and a coach; she is invested in making a difference in me.** And best of all, I actually enjoy working out now! *Jennifer, 36 years old*

I could barely make it through my first workout with Joanne. I literally almost passed out that first day! At that point, jogging around a 1/4 mile loop was out of the question. Now 14 months later, I've lost more than 45 pounds and I ran my first official race! It's hard to believe it, but **I actually enjoy and look forward to running now!** It helps to have the whole group of girls (and the occasional guy) pushing you on. And of course, knowing that if you don't show up...you have to deal with Joanne! I feel better, physically and mentally, than I've felt in a very long time. *Tiffany, 30 years old*

I hated to do any sort of physical activity. But I was totally out of shape and a good 15 pounds over my goal weight so I finally broke down and joined a gym. Joanne's personal training services were suggested to me by the gym's owner. **She took me from basically no physical activity to working out five times a week and being able to run more than four miles – and all within two months!** Joanne is amazingly inspirational and so talented at what she does. I'm so grateful for meeting her! *Courtney, 22 years old*

Before I started working out with Joanne, I had done Jazzercise for several years and also tried Curves. While I enjoyed the classes, I hurt my ankle jumping during a cardio workout, and then hurt my shoulder as well. So I started working out with Joanne and now three years later, I work out harder than ever and I'm totally injury free. She is a great motivator, knows the body very well, and the workout is never boring. **I'm doing things that I never thought I could do at my age and I feel stronger and healthier than ever.** *Maria, 57 years old*

Joanne is always upbeat, enthusiastic and positive, which is saying a lot when you're working out at 5:30 in the morning! **Training with her is like working out with a girlfriend, but a girlfriend who is going to kick your butt in gear.** And over time she becomes a friend, a cheerleader and a confidante as she really does care about her clients' well being, both in and out of the studio. *Cheryl, 41 years old*

I was a runner when I started working out with Joanne several years ago, but I knew that I needed to build weight training into my workouts. I remember that after my first workout, I was so sore that I walked funny for three days! But I kept going because **the women in my group really motivated each other.** And I know now that **Joanne is ahead of the curve with workout trends.** We were using kettle bells when everyone else was still using regular barbells. Last year we started with TRX ropes at Joanne's home gym. These days the ropes hang in the gym but she's still kicking our butts and making us stronger with them every day! *Kellie, 37 years old*

I'd been working out with Joanne for about 18 months when I learned I was pregnant with twins! During my pregnancy, Joanne adapted my workouts to keep my heart rate in check, but still kept me moving. When it got really tough for me to keep moving, she started me on water workouts and long walks. Even though I was over 40, I made it through my pregnancy without a hitch and I know that keeping my body in shape was a huge part of that. After the babies were born, I was back working out with Joanne as soon as my doctor gave the ok and **I was back to my pre-pregnancy weight within a month!** *Holly, 42 years old*

ABOUT JOANNE



Known for her infectious and motivating energy, Joanne Blackerby is one of the leading health and wellness experts in Austin, specializing in accessible, small-group training for women (and men who aren't trying to prove anything!). Considered one of the toughest yet most down-to-earth trainers in Central Texas, Joanne designs customized, educational fitness programs based on each client's individual goals and fitness level. Programs are built for the long term and offer a wide variety of both traditional exercise methodologies and the latest training tools, keeping the workouts fresh, fun and effective.

A nationally certified (ACE, AFAA, AEA, NESTA- SAQ) fitness trainer, Joanne has been training aspiring athletes and fitness newbies since 1989. Her company, Spirit Fitness, offers training at Ironsmith, and she is the personal trainer of choice for the Four Seasons Residences in Austin. Previously, as head trainer at Anytime Fitness in Austin, Joanne and her training staff

and were voted "Best Trainers to Pump You Up" in the 2009 *Austin Chronicle* Best of Austin issue. Joanne also conducts educational, certification-based classes for personal trainers and she is constantly expanding her own training repertoire with the latest education and training. Most recently she began offering workouts using TRX® Suspension Training®, a revolutionary method of leveraged bodyweight exercise.

A self-described fitness maven, in her spare time you might find Joanne teaching chair yoga classes at a home for the elderly, leading fitness groups at a retreat in Mexico or training for a triathlon. In addition to her fitness pursuits, Joanne loves to read, travel and spend time with her husband, Chris, and their three children.

To learn more about Joanne and her programs, visit www.spiritfitnesstraining.com or contact her at 512.657.2544.