

Maris
Wofsy



ACE-Certified Personal Trainer

Are you an active older adult looking for a boost to your game, recovering from an injury, or just trying to stay healthy and fit with an aging body? Maris's unique approach to personal training helps you to safely maximize your fitness levels regardless of your physical limitations. Her passion is to assist motivated people to improve their physical and mental outlook on safely living life to the fullest— whether it's enjoying the outdoors, playing sports, playing with the grandchildren, or just moving thru your daily routine and feeling better.

Maris recently retired after 40 years as an occupational therapist specializing in orthopedics and neurology rehabilitation. Upon retirement, she became both a certified personal trainer and a certified yoga instructor. She loves to use her yoga classes to help individuals with restrictive movement enjoy the beauty and therapeutic benefits of yoga. Her personalized training programs reflect your goals, fitness level, and pace.

Maris loves being active, and her interests include, but not limited to, hiking, biking, swimming, woodworking, and XC skiing. She recently completed hiking all 48 of the White Mountain 4000-footers. Maris also competed in and completed a Tough Mudder event with her family.

There's never a time like the present to feel more energetic and capable!

Maris Wofsy • 661-8587

- ACE-certified Personal Trainer
- Yogafit-trained Yoga Instructor
- B.S. degree in Occupational Therapy