



INTRODUCING

Naomi McCaskey

Group Fitness Instructor



I started out with Pilates as a way to take back my body postnatal. I realized that I was stronger than I realized. I noticed that the postnatal pain I experienced began to disappear. My goal as an instructor is to help others realize that they are strong than they realize as well as to help them after injuries, surgeries, postnatal pain, pelvic floor dysfunction, and low back weakness. I have helped people from college athletes to Olympic ice skaters. I look forward to working with this community and I hope that I can help you find your inner warrior!

EDUCATION & CERTIFICATIONS

- Mat Pilates 1 & 2 (Balanced Body)
- Equipment Pilates 1, 2, & 3 (Balanced Body)
- TRX Suspension Training (TRX Education)
- Barre 1 & 2 (Barre Forte)

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com