

Joan Miller

Joan is a certified Water Fitness Instructor, currently employed at Brunswick Forest Wellness Center and the YWCA in Wilmington NC. She has been teaching in the Wilmington area for over 20 years. Music with choreography is an important part of her Water Aerobic Classes. Instruction includes: Water Aerobics, Water Walking, Water Tai Chi, Water Yoga and Water Tabata. Certifications from past to present are – USA Water Fitness, Water Art and most recently American Sports & Fitness Association.

