

Juanita Malavet

Juanita Malavet is an AFAA Certified Personal Trainer & Group Exercise Instructor who has been actively involved in the Fitness/Wellness Profession for 30 years. Juanita is also IFTA Certified in Senior Fitness, Indoor Group Cycling, Aqua and Kickboxing. Additional Certifications include Yoga and Zumba GOLD.

Upon arriving to the Coastal Carolina area in 2005 Juanita taught a variety of exercise classes at Wrightsville Beach Parks & Recreation and The Landfall Country Club. From (2006 - 2015) as the "Lead Fitness Instructor" Juanita Independently Developed the LAND Fitness Program at The Members Athletic Club - St. James Plantation.

Juanita is proud, honored, and remains grateful for the opportunity to be a part of the Brunswick Forest Fitness/ Wellness TEAM. Juanita is passionate about functional movement, eclectic musical genres and encourages all to do "their personal best". Juanita is high- energy, inviting, inspiring , empowering and enjoys helping others enhance their overall quality of life & well-being.

