

Mary Wooten

Mary has a BA from UNCW in Health and Physical Education. She retired from Brunswick County Schools after teaching and coaching for 30+ years. She is AFAA and IFTA certified in Cardio, Pilates, Water, Cycle, Senior, Weights, and Personal Training. Mary is a competitive rower, and enjoys kayaking, snow skiing, and an active life style. "I love my life, teaching and helping people to get fit!"

