

ruth **p r a t t**

Ruth has a B.A. in biology from Calvin College, and holds certifications in group fitness, indoor cycling, yogafit, and Pilates-based mat exercise. She has always loved athletics and being active, but came to group exercise in her early 30's when she discovered the benefits of cross-training and variety in exercise routine. That's a technical way of saying that her body was unbalanced from years of long-distance running only! Now she loves to encourage others in finding types of exercise that they enjoy as they pursue body balance and functional strength.

Ruth is passionate about exercise safety and postural alignment. She believes that everyone can move their bodies better as they build strength in their core muscles!

Ruth teaches fitness classes at MVP Athletic Club, Evergreen Commons, and several local companies and churches.