

Marcia Pirie

PERSONAL TRAINER

As we age, fitness may take on a new meaning for many of us. As a certified wellness coach, ACE Personal Trainer, and Parkinson's/Cancer Recovery Trainer I will help you develop reasonable, realistic, and obtainable goals. Through encouragement and guidance, you will be able to progress forward with your overall health. I have over 32 years of experience in the fitness and wellness field.

Born and raised in Des Moines, Iowa, I was active in track, swim team, and softball. I moved to Charlotte, NC in 1982 where I raised my daughter and son. In December of 2016 I moved to SaddleBrooke to be closer to family.

During my fitness career in Charlotte, I worked as a personal trainer and wellness and fitness director at the Siskey YMCA. There, I developed several programs including weight management, nutrition basics, Parkinson's, and cancer recovery. My life focus changed during those years at the YMCA. I realized my strengths and passion were with those who needed a listening ear, patience, empathy, guidance, and encouragement.

While in Charlotte I earned a second-degree black belt in Taekwondo. I taught all levels of belts and enjoyed training students for competition in musical katas.

I currently teach a group Parkinson's class at the DesertView Fitness Center.

My certifications include: American Council of Exercise, Personal Trainer; Parkinson's Wellness Recovery Trainer; Certified Wellness Coach; Livestrong Cancer Recovery Trainer and I am AED/CPR First Aid Certified.