

LIBBY WOOLWINE

Libby was born and raised in the Abingdon area, and has been a fitness professional for 26 years. She has been employed by the Coomes Recreation Center since it opened as a fitness instructor, and as a personal trainer since 2004.

Libby's experience teaching a variety of fitness classes (weight training, cycling, Pilates, step, circuit, Tabata) has prepared her to serve a variety of personal training clients, ranging in age from 9 years old to 80 years old; she has trained baseball and basketball players, motorcross riders, and people who simply want to improve their health and fitness and quality of life.



“My primary focus has always been to teach others how to exercise using proper form and technique, so their time spent exercising is as effective and efficient as possible. I enjoy using a variety of exercise equipment, teaching my clients to challenge themselves and motivating them to live the most healthy, productive life possible.”

Libby has been certified by AAAI/ISMA as a personal trainer, cycle instructor, aqua instructor, kickboxing instructor and life wellness coach, and by AFAA as a primary fitness instructor.

[AAAI/ISMA Certified Personal](#)

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