

Employee Health Program

Meet Your Instructors

Audrey Toliver

AKA Yogi Audry

Subjects

Yoga, and more

Instructing since 2004; Instructing Pilates since 2008

Certifications

Yoga Alliance 200hr Certified RYT

Yoga (YogaSteps Level I & II)

Yoga (YogaFit, YogaPlus, and YogaCore)

AFAA Group Exercise Instructor

YMCA Group Exercise Instructor

YMCA Pilates

SilverSneakers (Level I & II and Choreography Exchange, YogaStretch,
and SilverSneaker Aqua)

P.A.C.E. (People with Arthritis Can Exercise)

Hobbies

Traveling

Healthy Cooking