



JULI PITCHER

LV2 PERSONAL TRAINER

FUN FACT:

My motto is "Moderation...not Deprivation," I love beignets and poboys just like everyone else!

Certifications:

ACE-CPT
ACE-Senior Personal Training, L2
ACE-Physical Activity for Older Adults
AHA-CPR/AED

Favorite exercise(s):

Bike, Cables, Free weights, Squats, and Bosu training.

Contact:

juli.pitcher@ochsner.org

EXPERIENCE:

- Lakeway Athletic Club
- Jewish Community Center
- French Riviera Spa
- Ochsner Fitness Center

Specialties:

- Weight Loss/Toning
- Strength Training
- Cardio/Endurance
- One on One
- Small Group Training