

Barb Lawson

I grew up in Elizabeth and moved back with my Husband, and 3 Kids 10 years ago. My husband and I own a construction company. I enjoy spending time with my friends and family. I also love spending time at the lake in the summer, but one of my favorite things to do is get in a good workout! I love the camaraderie and stress relief I find at the gym.

I teach the Total Body Tone Class. I have been a member at Stayin Fit for over a decade. I enjoyed the environment, people, and how great strength training made me feel, that 3 years ago decided to get my training certification. I think it's important to focus on training the whole body. During every class, I incorporate strength training with body weight, dumbbells, kettlebells, and resistance bands. As well as plyometrics and cardio exercises to work legs, arms, and core. Each week I try to incorporate exercises that will work your entire body!