

Mary Ward

Mary Ward started her career in accounting but quickly turned to fitness after attending her first Body & Soul class. She now has 20+ years experience in the fitness industry, including teaching, marketing, merchandising, and management. Raised in San Diego, Mary loves sailing, beaches, sun and fitness. She lives in Chantilly with her husband Brad. Mary serves as the Chairperson for the FP4H Board of Directors.

Mary Ward is a Certified Group Fitness Instructor through American Council on Exercise (ACE). She is also an ACE Faculty member leading various Continuing Education classes for fitness professionals. She is also certified through Refit®. Mary is author and contributor for First Place For Health's ***My Place for Fitness***.

Mary's philosophy is "Don't think about why you can't, think about how you can."

Life Verse: Proverbs 3:5-6 *Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*