

“BODIES IN HARMONY”
HEALTH & WELLNESS LIFESTYLE CENTER

OWNERS: JUDY JOHNSON & QUAY HOLLAND

Quay Holland - is a native of Annapolis, Maryland. Her primary profession is over twenty years of extensive administrative background in office management and organizational development. Her passion for fitness and wellness began in her early childhood years. Quay loves inspiring and motivating individuals to obtain optimal health and well-being by providing physical and mental fitness into their lifestyle. She empowers clients to make a lifestyle change by mentoring them through individualized programs, developing new behaviors, encouraging realistic expectations and goals. Quay is married, a mother of four children and grandmother of one beautiful grandson.

Master of Science (MS) Human Relations,
University of Oklahoma/2001
Bachelor of Science (BS) Business Management,
University of Maryland, 2000
Certified M’lis Wellness Consultant- Salt Lake City, Utah – 2009
Marine Corps Community Services (MCCS), Health & Promotion Department,
Health & Wellness Intern – 2001
Well Coaches, American Council Sports Medicine (ACSM),
Fitness Coach – 2007
Certified Mat Pilates Instructor – 2007
Certified Spinning Instructor – 2002
CPR Certified by American Heart Association
Member of IDEA health & fitness Association
Owner of Q ur Body, Boot Camp and Personal Training Business
Owner/Partner of Bodies in Harmony Health & Wellness Lifestyle Center

Judy Johnson - is originally from Washington State; Spokane, and Tri-Cities Washington. Judy has two grown sons living in Washington and 3 incredible and beautiful Grandchildren, Carrisa, Kiley, and Chance. Judy worked at the Hanford Nuclear Facilities as the Liaison for the On-Site Contractors and the Hanford Facilities and it was at that time she became involved as the spokesperson for the “Presidents Council on Fitness” while working with Westinghouse at Hanford. Judy then left Washington State to be with her husband, Gary. They have been together here in the Valley for over 19 years.

Judy’s love and passion for fitness and wellness was inspired from many years previous, when her youngest son was born with Celiac Disease and suffered the mal-absorption, mal-nutrition disorder. This was her introduction to nutritional support and how it works to keep our bodies healthy and well.

Judy spent over 20 years in the industry and became certified to teach. Much like Quay she has a true desire to reach out and help people make lifestyle changes showing that at any time in life they can be strong, fit and live well! Judy now continues to teach fitness classes; Cardio, Senior Chair and Mat Pilates.

Certifications:

Mat Pilates Instructor – Certified through Physical Mind Institute, origin New York City, N.Y. – Zoom Fitness, San Diego, California
Group Certification to teach in various group settings; Fit Tour & Continued Education – Aerobics, Strength Training, Pilates
Wellness Consultant – M’lis Beneficial, Salt Lake City – Certified 2005 - Current
Bodies in Harmony, Wellness Consultant and Mentor – Certified 2009 - Current
Senior Program Coordinator – Certified 2005 and Current
Business Owner and Partner – Bodies in Harmony; Wellness & Spa Services

Honors:

President’s Council on Fitness – Spokesperson in Washington State 1990-92
FHP Healthcare Administrative Assistant Communication Skills Award 97-98
Outstanding Service (San Jacinto Chamber of Commerce)
Ms. Hemet & National Winner for Hemet Pageant/Palm Desert 1998-99
Kelly Service Customer Service Award, Corporate Award “Bronze Status” for Quality Studies and participation in Completion of program/Silver and Gold Status.
Office on Aging Award for Department Growth for Advocate Program;
Grandparents Raising Grandchildren in need of County Services
Bodyworks by CJ – Winner for Special Events/Competitions exemplifying consistent hard work, participating in the Fit Challenge to meet goals and stay focused.

The combination of Wellness and Fitness truly comes together for both Judy and Quay as they continue to educate and provide the professional programs and services promoting the Beautiful Mind, Beautiful Body, and Beautiful Soul of all those that seek the utmost in health and well-being!

LET US TAKE YOU THROUGH THE JOURNEY TO WELLNESS!