

Aubrey Winn

Personal Trainer
Group Exercise Instructor
Mat Pilates Instructor



My positive attitude is contagious and I will not only challenge your current level of fitness but will encourage you to reach your peak level of personal fitness.

As a graduate of UC Davis, I received my Bachelor's of Science degree in Psychology with a Biological Emphasis (B.S., Psychobiology). I believe in mental, emotional and physical fitness. I think that in order to be fit for living life, this must be accomplished by training the body and mind. I believe exercise is a natural and key component of living a fun and healthy lifestyle. The human body was made to move!

I became involved in leading others to physical wellness while at UC Davis where I taught students and faculty at the UC Davis Activities and Recreation Center and the UC Davis football team. I am experienced in working with a wide array of populations and ages, from teens to elderly. I have also taught self-defense classes to UC Davis students as well as community members. I have been involved at 15th Street Fitness since 2007 and I focus on well-rounded fitness programs that are never boring or monotonous. I work with you to find workouts that fit with your busy schedule and unique personal goals.

I have a varied background in indoor and outdoor fitness, from hiking and skiing, to spinning and yoga. Because of my Pilates background, I am specialized in core training. I also emphasize metabolic training, weight training, and nutrition awareness. I can help you reach a variety of fitness goals via resistance training, plyometrics, core training, functional fitness and I can train post-injury and post-partum clients as well.