

LYNNE BRICK



Lynne Brick, RN is an internationally acclaimed fitness expert and is considered one of the leading aerobics instructors in the world. She is the co-owner, with her husband, Victor, of the Padonia Fitness Center, which was named by Self Magazine as "One of the Nation's Top 25 Clubs." They are also the co-owners of Lynne Brick's Women's Health and Fitness, a chain of women only fitness centers which were named "Baltimore's Best Women's Workout" by Baltimore magazine. The Owings Mills location was named one of the country's Top 4 Women's Fitness Center by Club Insider magazine.

She is also an International Aerobics and Fitness Consultant and Aerobics Instructor Trainer. In September, 1994, she was named "International Presenter of the Year" by BodyLife, the largest fitness organization in Europe. In 1990 she was named "Fitness instructor of the Year" by IDEA, The Association for Fitness Professionals.

She has been named an Outstanding Woman Entrepreneur in 1995 by the prestigious Network 2000 organization in Maryland, and has been named one of the top 100 Women in Maryland in 1996 by Warfield's Business Record. She was named as an Outstanding Woman Fitness Entrepreneur by Club Business Magazine in 1986.

She is the featured presenter on over 12 exercise videos including her Brick Body line of videos; Brick Buns, Brick Abs, Brick Hips and Thighs, and Brick Upper Body. She was also featured on Buns of Steel 6, Step. Her How to Teach Aerobics, Power Stepping and Power Stepping 17 videos were all given a top "An rating by Self magazine. She appears regularly as the fitness expert for News Channel 2, WMAR in Baltimore. She has also appeared in infomercials on QVC Television selling home fitness products.

Lynne has authored several books, including, Human Kinetic's Fitness Aerobics, Consumer Guide's Step into Shape, The Aerobic Program Policy Manual, and The Health Club Associate Policy Manual.

Lynne has introduced a one-of-a-kind Breast Wellness Center, a breast rehabilitation program for women diagnosed with breast cancer. This program is located at her Lynne Brick's Women's Health and Fitness Centers in Baltimore and Owings Mills.

Lynne has traveled the world training aerobics instructors and fitness professionals, presenting in over 23 countries. Lynne serves as an aerobics consultant for the Aerobics and Fitness Association of America (AFAA). She is also a provider of continuing education for AFAA and the American Council on Exercise (ACE). She is featured regularly at IDEA International Conventions and Educational Conferences. She has also presented at the IHRSA, The International Health, Racquet & Sportsclub Association, National Conventions. She has been an Instructor Trainer for the National Handicapped Sports and Recreation Association (NHSRA).



Lynne has served as chairperson for the Maryland State Dance for Heart drive for the American Heart Association. Lynne has been fitness spokesperson for Power Productions International. She has been Keynote Speaker for Network '89, Fitness Leader Network Convention in Australia. Lynne is certified by the American Council on Exercise (ACE), where she holds a Gold Certificate (meaning she was one of the first fitness professionals to be certified by ACE). She also holds an aerobics certification from the Aerobics and Fitness Association of America (AFAA).

Lynne worked for 7 years as a nurse at the Maryland Shock Trauma center, the first in Trauma Center in the world. She is a graduate of Towson State University with a Bachelor of Science degree in Nursing, She graduated Summa Cum Laude. While at Towson State, she was actively involved in the dance program.

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