

julie voris
FIND YOUR FIERCE



Meet Julie Voris

Longtime fitness expert Julie Voris has trained thousands of fitness instructors nationwide.

Julie has also appeared in renowned training videos including P90X2 and Shaun Week Insane Focus, as well as Turbo Kick, PiYo, and Insanity instructor videos.

Working alongside top fitness gurus like Chalene Johnson, Shaun T, and Tony Horton, Julie has risen to the top .01% in the Team Beachbody network, building a business from the ground up. Committed to inspiring life change through fitness, Julie spends her days leading a team of over 5000 female fitness coaches,

helping women reach their nutritional and fitness goals, and teaching live classes. At her core, Julie deeply believes that we are all—women especially—so much stronger, more capable, and fierce than we give ourselves credit for. And she's on a mission to help women find and harness their own fierce. At home, fitness is a family affair. Her husband, Jeff, leads the Butler University football team and their three daughters all enjoy working out as a family, as well as various sports and dance activities.

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