

Instructor Spotlight

**What classes do you teach
at the CYCC?**

Cardio Kickboxing and Bootcamp

**What is your favorite class to teach?
Why?**

**Cardio Kick because of my faithful
participants**



What made you decide to become an instructor?

I have enjoyed fitness classes for many years so why not teach them?! It gives me the opportunity to share more class options with members.

What is your favorite thing to do in your free time?

I enjoy traveling and being outdoors (camping, boating, hiking). I also enjoy cooking, cleaning and all things organizing; and of course working out.

If you had one piece of advice for life, what would it be?

**Find balance! Work hard; play hard. Save for the future; live for the moment.
Eat the salad; eat the cake.**