

# Group Fitness Instructors Introduction

## Michelle

(Lifestyle & Group Fitness Director)



Hi Cambridge Lakes!

A little about me. Many of you know me as an instructor from all the years that I taught group fitness classes as I started teaching in 2014. And many of you know me as the Lifestyle Director for the last 2.5 years and have seen me at all the events! I have been around a long time, we moved here in 2013. I recently made the decision to retire from teaching classes so that I can spend more time with my boys, they are growing up too fast. They were so little when I started teaching here and are now 14 and 16!

Along with my role as the Lifestyle Director, I am also the Group Fitness Director. My background in Health, Wellness and Fitness all contributes to my ability to manage and support all our amazing instructors and help to grow our team by adding more classes and instructors. We have the best team and offer so many classes for you to choose from. Personally, I hold a wide variety of certifications. I am a certified Elite Level Personal

Trainer, Corrective Exercise Specialist and Fitness Nutritionist currently working on a few more credentials. I also hold 10 different certifications in various group fitness formats.

I am thrilled to be here and help serve our community as your Lifestyle and Group Fitness Director. I am more than happy to help with explaining the classes we offer or showing you around the weight room and equipment.

I wish you the healthiest year yet.