

Suzann Thibodeaux, Ph.D.

Fitness & Nutritional Consultant

I empower adults to achieve vibrant health through accessible fitness. I integrate scientific insight with practical coaching to foster energy, resilience, and wellbeing. My passion is making inspiring lifelong habits through tailored programs, group exercise instruction, and chair-based fitness.

My Strengths

Training seniors in safe, effective, and enjoyable exercise for those with mobility or health challenges (e.g., chair-based routines).

Adept at group instruction, motivational teaching, and demonstrations.

Capable of evaluating wellness interventions.

Designed, implemented, and assessed fitness programs targeted to diverse populations, with a focus on older adults and accessibility.

Skilled at listening, adapting, and celebrating progress to build strong, trust-based relationships.

Education

Clayton College of Natural Health

Ph.D. in Holistic Nutrition

American Council on Exercise

Certified Group Fitness Instructor

Experience

University of Phoenix

Onsite and online college instructor

Hemet Community Center

Senior Group Fitness Instructor

Fit Factory

Group Fitness Instructor

Contact Me

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