

Reann

Certified Instructor

About Me

I have been a fitness instructor for over 15 years. My passion for fitness and wellness is a defining aspect of my life, it's not just a hobby; it's a way of life. I enjoy working with people on their fitness and wellness journey, it is great to see people reach their goals or just be happy they completed a challenging workout. Prior, my background includes teaching and administrative roles in high school education.

Family plays a central role in my life. My husband and I have raised 4 amazing children, all of whom are now in college. We all love traveling together. My hobbies, aside from working out are traveling, reading, and running.

Fun Fact

I love karaoke but am a terrible singer.

Motivation

The hardest part of working out is showing up.



Classes

Cardio Pump

Monday at 8:30 a.m. (GFS)

Saturday at 9:30 a.m. (GFS)

Pump

Monday at 9:30 a.m. (GFS)