

Leslie

Certified Instructor

About Me

I have been a cycle instructor for 15 years. I've taught cycling at several locations throughout the metro area including Saint Louis Spinning Center, The J (Jewish Community Center), Wellbridge Athletic Club, Trufusion, and the Center of Clayton. I have attended the WSSC (World Spinning and Sports Convention) for ten years in Miami, FL to further my fitness education and present my students with top tier fitness instruction. Cycling instruction and fitness is my passion!

My previous careers include a retail buyer for the J L Hudson Co., a store owner, and a flight attendant for American Airlines. I am married with three wonderful children and three priceless granddaughters.

Fun Fact

I went around the world in two weeks!

Motivation

"What you do makes a difference and you have to decide what kind of difference you want to make." - Jane Goodall



Classes

Indoor Cycling

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

Tuesday at 5:30 a.m. (MBS)

Thursday at 6:00 a.m. (MBS)

Hoop Fit

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

