

## **Sara**

My love for fitness started early on as I was a collegiate athlete. After college I continued on my personal fitness and realized I wanted to help others achieve their fitness goals as well. I have been a group exercise instructor for over 12 years, teaching water aerobics, spinning, and senior classes. If I am not teaching I am either working with seniors at my full time job or on the ball field watching my son play. I am originally from upstate NY and am married to my husband Steve and we have a son Fisher who keeps us busy.