**Susette**



**Fitness Philosophy:**

Fitness should evolve, challenge, and always be fun. Find what motivates you. No matter how small each goal is. It’s about growing both physically and mentally.

**Why are you an instructor:**

I never say myself in such a role. Honestly, it was something that was supposed to be temporaly. However, once I saw what went into it and saw the connections and ability to help others I was hooked. A passion that I never knew about me was finally sparked and I was alive!

**Biggest Guilty Pleasure:**

Definitely craft beer and chocolate!

**Specialties:**

Pound, Zumba,