**Sonia**



**Fitness Philosophy:**

Never back down

Never give in

It’s a life change

**Why am I an Instructor:**

This job is my passion....been an instructor for little more than 10 year...and I just got started!

**Biggest Guilty Pleasure:**

Sweets and Nachos! Yummy!

**Specialties:**

Indoor Cycling, Kettlebell Level 1, Pilates, Resistance Training, RIPPED, Total Gym, TRX, Zumba