

Natasha Moore

INSTRUCTOR

EDUCATION & CERTIFICATIONS:

- AFAA Certification
- BodyPump Certification
- World of Dance UJAM Certification
- CPR Certification
- Past Certification as a Personal Trainer through NASM



ACHIEVEMENTS:

- Started teaching fitness classes at the Brea Community Center in December 1998.
- Taught Step classes, Turbo Kickboxing, Low Impact, Zumba, Senior Fitness classes, and BodyPump.
- Taught classes at various locations including the Brea Community Center, 24-Hour Fitness (Brea, Buena Park, Anaheim), Beckman Fitness Center (Brea), Boeing Fitness Center (Anaheim), and YMCA (Fullerton).

HOBBIES:

- Dancing
- Reading
- Hiking
- Fashion



PHILOSOPHY:

“The mind is the most important part of achieving any fitness goal. Mental change always comes before physical change”.

BREA
FITNESS