

Cema Perdomo

INSTRUCTOR

EDUCATION & CERTIFICATIONS:

Bachelor of Science from Oklahoma State University

Certifications:

- Schwinn Cycle certification
- BodyPump certification
- GroupX certification

ACHIEVEMENTS:

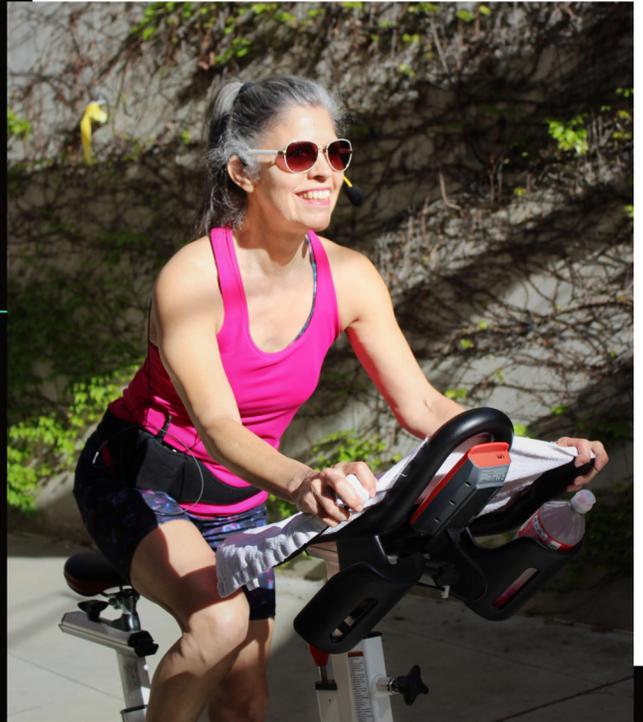
- Married for 35 years to an amazing and supportive husband
- Son recently married a wonderful woman
- Facilitator for pre-marital couples
- Mentor to young women at our church

HOBBIES:

- Traveling
- Reading
- Spending time with my husband and family
- Baking

PHILOSOPHY:

I remind myself that everyone deserves kindness and respect and I believe what you give out with an open heart you will receive more.



BREA
FITNESS