

Becky Yount

INSTRUCTOR

EDUCATION & CERTIFICATIONS:

- ACE (American Council on Exercise)
- AFAA (Athletics and Fitness Association of America)
- AEA (Aquatic Exercise Association)
- Schwinn
- willPower & Grace (Cardio Yoga)
- SilverSneakers®



ACHIEVEMENTS:

- 21 years teaching group exercise, inspiring others to stay active and healthy
- Personal journey of losing 40 pounds and maintaining fitness
- 46 years of marriage, with two children and two grandchildren
- 40 years of full-time ministry in three countries

HOBBIES:

- Leading children's story hours at Fullerton Public Library
- Volunteering at Mariners church

PHILOSOPHY:

“Do unto others as you would have others do unto you.”



BREA
FITNESS