

Elena Cabrera

INSTRUCTOR

EDUCATION & CERTIFICATIONS:

- Attended Mount San Antonio College, studying fashion design with a background in fashion merchandising.

Certifications:

- Zumba
- Group Fitness
- Latin Impact
- Weight Training Concepts



ACHIEVEMENTS:

- Engaged in physical training since high school, including dance and membership in the Jazz Dance Team
- Certified Zumba instructor for over 15 years with certifications in Zumba, Group Fitness, Latin Impact, and Weight Training Concepts.

HOBBIES:

- Running
- Boxing
- Competing in Mud Runs, 5-Ks, and charity runs
- Engaging in various workout styles such as CrossFit
- Teaching Zumba

PHILOSOPHY:

"Do something today that your future self will thank you for."

BREA
FITNESS