

Meet Some of Our Instructors



Ashley Boyer is a Registered & experienced Dietitian trained in general and sports nutrition

John Bruno holds a M.S. in Health Sciences and is a strength and conditioning coach. He is an inspirational instructor.



Joe Cox has a degree in Science & Humanities. He is certified in personal training & weight management with over 21 years of experience.

Judith Cox has a M.A. Degree in Clinical Psychology, NYS certification in school psychology and is a certified weight management consultant.



Kim Fitzpatrick has a M.S. Degree in Social Work and nationally facilitates workshops in dance, therapeutic movement and mindfulness.



Deb Nuttall holds a M.A. Degree Education, is a certified group fitness instructor and former high school & middle school principal.



Kristie Keary completed a 200-hour Hot Warrior Cert. in 2015 and is on her path to Certification in Baptiste Yoga.



Rebekah Magin, LMSW is a yoga and mindfulness practitioner. She has used her training in her roles as teacher, social worker & consultant.



Leigh-Anne Rockower holds a M.S. in Curriculum Development and is an AFAA certified group fitness trainer.

