

# Stephanie Berkowitz



Education and Training-  
B.S. Exercise Physiology – CSU Chico  
-Minor in Nutrition  
Certified Group Exercise Instructor  
-Spinning, Gravity Training Systems, Zumba  
Certified Personal Trainer

As an instructor, I like to pull a lot of exercises from my background in collegiate track and field for classes and boot camps. I also enjoy drawing different activities from my 10 years of dance experience with various styles of dance. I have done competitive bodybuilding in the past but currently enjoy competing in Sprint Triathlons.

As a mother of 5, I like to use exercise as a positive outlet for stress and I encourage others to do the same!