



Stacy

Stacy is a professional fitness instructor with over 10 years of experience. She specializes in strength and conditioning, and has helped countless clients achieve their fitness goals. She is also a certified personal trainer and has a degree in Exercise Science.



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Amber is a professional fitness instructor with over 5 years of experience. She specializes in group fitness classes, including HIIT and Pilates. She is also a certified personal trainer and has a degree in Health and Wellness.



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