

# TCNJ GROUP FITNESS

**Kie** - is a Junior Kinesiology and Education major with a passion for fitness! With hopes of becoming a teacher of physical education, they hope to pass all of their knowledge onto as many people as they can! With experience in various sports and activities such as running, swimming, cycling, triathlon racing as well as general fitness, Kie has a lot to give to the community!

**Gabi** - is a junior Secondary/ Special Education and Mathematics major here at TCNJ. Bringing a unique blend of motivation and power to each class, Gabi has two years of experience leading high-energy cycling classes. Her background in education has equipped her with strong communication skills and an ability to adapt to diverse needs, making her spin classes accessible and enjoyable for riders of all levels. Whether you're a beginner or have been riding with her since the beginning, Gabi is dedicated to helping you have a lot of fun (with a ton of beat drops and themed rides), while also pushing you to be your version of 100 percent every single day!

**Leah** – is a senior criminology and psychology double major and loves teaching the high energy cardioport class here on campus. Sometimes you just need to burn some energy and jam out to some good music and that's why Leah loves cardioport. When she's not teaching, Leah is a huge runner in her free time and loves signing up for local races. She hopes to grow the popularity of Cardioport on campus and hopes to see you at the next class!

**Mikaela** – is a senior Psychology major and has always had a passion for fitness and is elated to bring the love she has for it into the spin classes here at TCNJ. Since a young age, running has been close to Mikaela's heart, for her health and also competitively running cross country through her high school years. After high school she found a love for participating in group fitness classes and the community you gain through them, spin being one. Once at TCNJ she pursued her SPINNING certification, and through teaching she hopes her classes experience the same love for spin and fitness as a whole.