



THE COLLEGE OF NEW JERSEY

OFFICE OF STUDENT LIFE

Gabi - is a senior Secondary/ Special Education and Mathematics major here at TCNJ. Bringing a unique blend of motivation and power to each class, Gabi has three 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!

Ava - is a sophomore nursing student, with a passion for both healthcare and fitness! As a future nurse, she is deeply committed to supporting the well-being of others, whether this is through patient care or promoting a healthy lifestyle. For her, fitness is more than exercise, but rather a tool for mental health. With the demanding and often challenging environment college can be, Ava has found that movement relieves stress, builds endurance, and fosters a sense of community. She loves sharing this motivating experience with others, inspiring them to build confidence and find balance and joy both on and off the bike.

Alyia - completed her 200HR yoga teacher training in Thailand, where she deepened her knowledge of yoga's history, anatomy, and science. Upon returning to the States, Alyia immediately enrolled in college to further her studies in biology. She is now a junior biology student at TCNJ, with the goal of combining her love of biology and finance together for a future career. Trained primarily in Hatha yoga, Alyia also loves teaching vinyasa, sculpt yoga, and gentle yoga. Alignment, mindfulness, and breathwork are the foundations of her classes, and she takes great joy in helping her students reach their yoga goals—both on and off the mat.