



Angela Hayes

Group Exercise Coordinator

Eighteen years experience as a Fitness Instructor
Specializes in Group Exercise

Certifications:

NASM Personal Training

ACE Group Fitness

Johnny G, Schwinn Cycling

AEA , LTF, Tabata Boot camp , Barre.

Angela also has been managing EMPOWER! Fitness Events and Conferences for 7 years. She is the National Education Coordinator for Lifetime Fitness and has been working with Lifetime for 15 years. Angela moved to Traverse City August 2015

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