Elizabeth Kovar

GROUP FITNESS INSTRUCTOR

EDUCATION & EXPERIENCE

M.A. Recreation & Tourism.
17 Years in fitness, teaching since 2007 and training since 2009

TRAINING STYLE & PHILOSOPHY

3D Functional Movement. From novice exercisers to seasoned athletes, my training philosophy welcomes every body to my sessions and classes. Each class, I offer options (progressions and regressions) to cater to every fitness level, with hopes of making exercise fun and enjoyable for everyone. This allows people to focus on their individual workout while working.

My classes focus on dynamic, functional movement to offer a full-body workout and welcomes every body to my classes!