

Tiffany Mason

GROUP FITNESS INSTRUCTOR

EDUCATION & EXPERIENCE

Tiffany has 16 years of experience as a nationally-certified group fitness instructor. She is certified in various formats such as weight training, cycle, yoga, pilates and kickboxing.

TRAINING STYLE & PHILOSOPHY

She loves to cross train and challenge her body in various ways. She enjoys assisting others with reaching their fitness goals. She is motivated to stay in the fitness fight as she believes people's health is their wealth and consistency is key.

TAKE A CLASS

Tiffany teaches virtual and in-person Strength small group trainings on Mondays & Wednesdays from 6:30 – 7:20 p.m.

