

# Jessica Matsui

## GROUP FITNESS INSTRUCTOR

### EDUCATION & EXPERIENCE

Jessica was born & raised in Seattle and continues to live near the city with her husband and two teenage daughters. She got her NASM CPT just as her oldest daughter entered kindergarten and has built a fitness business around her daughters' busy schedules. Jessica added a MixxedFit certification to her business 12 years ago and has been creating classes in the community and instructing ever since. Dance is one of her greatest joys along with cooking, hiking & trying other fitness formats.

### TRAINING STYLE & PHILOSOPHY

Jessica loves to feel the music and encourage her participants to find their joy in movement.

