



Beatrice Mays-Walton began teaching at the Boeing Long Beach Fitness Center the day it opened. Mostly known Bea for her kick-butt cycle classes and great music, she also has a following at the 24hr Fitness Lakewood, Carson and Compton, and Boeing Seal Beach Fitness Center teaching Circuit training, Kick Box, BOSU, Balance, and Abs.

When not teaching classes, Bea is often taking other classes “in the back with my hat pulled down so no one will know I’m there,” or running on the beach with all the dogs.

After undergoing radiation treatments in 2002, Bea’s personal survival and struggle to gain back her health has led to her passion to share fitness with others. “I like to encourage the new people, see them return and keep getting fit.” She tells her students, “Honor your body, and work that strong healthy heart!”

