



Beth Anderson has over twelve years of experience instructing group fitness classes at commercial and corporate fitness centers in Georgia, Arizona, and Southern California. Her repertoire includes step, Pilates/core training, cycling, body sculpting and she is a certified personal trainer. You can also find Beth teaching at 24 Hour Fitness and South Coast Athletic Club. She loves to work out and enjoys meeting a wide variety of people while helping them reach their fitness goals.

She balances her part time work in the fitness industry with a full time job as a Boeing engineer. Upon graduating from the University of Illinois with a degree in Electrical and Biomedical Engineering, Beth worked as a flight test engineer for the US Air Force. She has many hours of flight experience in the F-16 jet fighter and the C-17 transport jet.

One of Beth's favorite fitness quotes from Mark Twain –
"If my car required as much maintenance as my body - I'd trade it in!"