



Carol Smith, a certified CrossFit instructor for 5 years, often has 50+ Boeing employees attending her classes, which flow in and outside of the Fitness Center. Carol is also a personal fitness trainer, and runs a CrossFit business of her own in Huntington Beach.

Carol enjoys home life as a mother and motivator of 3 kids, a dog named Sandy, and a large number of ongoing clients. She has a reputation for kicking butt, and if you start to whine in her classes she'll tell you 'You're only cheating your body!' And all you need to do is look at Carol to know it's worth your while to do every last rep!