



Rebecca Taylor, a group exercise instructor since 2006, holds a B.S. in Aeronautical Engineering from Purdue University and a MBA from Pepperdine. She is employed full-time at Boeing Seal Beach in the IDS Engineering Lean+ organization and teaches at the Long Beach Fitness Center in the evening. Her repertoire includes Cardio Sculpt, Step and Kickboxing, all of which include her signature “speed skater” move – resulting in killer thighs. She believes in teaching multi-level classes that are sporty, challenging and fun for everyone in the room!

Outside the gym she is a dancer, half-marathon runner, attempts to play tennis, and is currently training for her first triathlon. Rebecca loves the opportunity to motivate people to achieve their lifetime fitness goals and live lives full of laughter!

