

Scott Scharkey likes to tell people he's been instructing fitness since a couple of years before the Berlin Wall came down.... but who can remember that? Suffice to say he's been around a long time and he's a pro! His teaching repertoire includes Low Impact, Step, Aqua, Stretch & Relax, Silver Sneakers, Cardio Boot Camp, Spin Cycle, and on and on.



He likes loud music and lots of cardio! His high energy is addictive and seemingly never-ending, and it may not be surprising to learn his first job was performing in the parades and shows at Disneyland.



Scott can also be found teaching at The Belmont, Frogs, and the Neo Gym in Mexico; leading small groups on weekend hikes; and selling real estate all around southern California. Scott gives from the heart not just to

people, but also to our 4-legged friends. Scott has spent many hours volunteering as a photographer at the SPCC Pet Adoption in Long Beach, helping hundreds of pups find new homes.



Scott's current hobby is Scotch and Cuban cigars, and he maintains his great physical shape by walking the fitness walk and talking the fitness talk: "You have results or excuses, *nothing* in between!"

And the quote Scott lives by... "I am getting older and I am getting fitter."