



Genieve Cardinez can be seen 3 *early* mornings a week at the Long Beach Fitness Center belting out instructions and inspiring her loyal following of Cycle attendees. Teaching for just over 4 years, Genieve brings an element of fun, excitement, and challenge to every class. She also leads Hatha Yoga classes at Boeing Fitness, the Recreation and Wellness Center at CSULB, and Infinite Yoga Studio in Long Beach.

"I have a reputation in the spin room for being pretty tough! I'm known for asking my students to crank up their tension to the extreme. I enjoy providing challenging yet very efficient cycling sessions. My students always get a great work-out!!"

Her favorite type of exercise to teach is yoga because of its extreme benefits for the mind, body and spirit. "When students tell me how wonderful they feel after practicing yoga I feel that I have contributed to their wellness, and this makes me feel good."



Genieve has a solid fitness background with a B.S. in Kinesiology and a minor in Health Science from CSULB. Her continuing education to achieve a Single Subject credential will give her the opportunity to reach another of her goals, High School Health.

Genieve loves animals and is often pet sitting for her furry friends and giving them more love than most of their owners. Perhaps the fact she is vegetarian adds to her affection of animals, or maybe because she finds them effortless to hang out with while listening to her favorite cultural music from places like the Middle East, India, and Tibet.