



Before launching a new career in fitness and health, Millie owned and operated a chocolate factory in Southern CA for 25 years. After earning her Bachelor's in Kinesiology, she decided to continue at CSULB and obtain a Master's degree enabling her the opportunity to teach at Orange Coast College. She just completed her 6th year as a part-time Yoga instructor at the college, along with her full time position as Fitness & Programs Coordinator at Boeing Long Beach Fitness Center. This fall, Millie will move her yoga instruction to CSULB.

Millie Sweesy has many creative ways to keep you motivated especially since she changes up the routines quite often in her classes. Her commitment to fitness shines through her straight forward can-do approach along with her ability to be a versatile instructor in teaching circuit training type classes to yoga. Mostly, her level of fitness surpasses the classes she instructs, so keeping up with her will stand to challenge and ultimately help participants progress quickly beyond working-out on their own. She finds satisfaction in seeing the light go on when one of her student's 'gets it', and she loves when someone tells her their success story in meeting their goals... especially if she was one of the motivating factors!