

BETHANY HALE

EXPERIENCE

I have been teaching group fitness classes for the past 11 years! I also worked as a Personal Trainer until I started the Assistant Director position here at the LCC. After seven years I am now the Executive Director, and still enjoy teaching a few classes each week.

TEACHING STYLE

I try to keep my classes high energy, even at 5:30am! The music is always loud, and each class has a lot of variety. I make sure to make it a comfortable space for new participants coming in, offering modifications and cues to make their experience enjoyable.



My favorite quote:

“A flower blossoms for its own joy”
– Oscar Wilde

INTERESTS

Does hauling my kids around to their sporting events count as a hobby?! In all seriousness, I love being active outside by hiking, walking my dogs, fishing, hunting, kayaking, snowshoeing and so much more! Outside of work and family, I also like to participate in a few triathlons each summer, which has become a true passion of mine.