

Mariah

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Mariah is a graduate of the University of Central Florida where she earned her B.S. in Sports and Exercise Science with a Dance minor. Growing up a dancer she fell in love with group fitness classes from a very young age. It is her mission to share her love and passion for group fitness with those she teaches while helping them feel like their best selves. She uses both her love of fitness and knowledge of the body to curate classes fit for everyBODY!