

# Monica Ramirez

## Education & Certifications

- AFAA- Primary Group Exercise Instructor
- AEA- Aquatic Fitness Professional
- NASM - Certified Personal Trainer
- NASM - Senior Fitness Specialist
- ATRI- Introduction to Aquatic Therapy Rehabilitation



## Areas of Specialization

- Peyow Aqua Pilates & Peyow Aqua Barre
- Aquatic personal training
- Aqualogix
- Zumba® (Aqua Zumba®, Gold and Kids)
- Aqua Tabata
- Aqua HIIT
- Aqua Circuit
- Mobility, flexibility and stability, arthritis.
- Back, shallow, & deep water.

## Fitness & Health Philosophy

"I am a dentist that heard a second calling. I truly think that exercising is medicine. I love people and I love to see them improve physically and emotionally. I live vicariously through their success. That is why I do what I do."

## Fitness & Health Accomplishments

- Employer of the Month, YMCA
- Participation in charity events as a fitness instructor
- Organized a Zumba® Kids flash mob
- More than 45 fitness certifications (aquatics/aquatics therapy, land, and personal training)