Rachel Berry

Rachel Berry is a popular group fitness instructor throughout the area! Her involvement began over ten years ago and most recently she has primarily taught Cardio, Cycling, Hard Core, and TRX classes. Rachel enjoys coaching her fitness students and loves to bring enthusiasm and an upbeat tempo to her classes! Many times her students will come away exhausted not realizing how hard they worked once they got started! Rachel is native of Lakewood and resides in Westlake with her family. Come check out one of her classes!

CERTIFICATIONS:

Cycling
Hard Core
TRX Training

See Front Desk For This Month's Group Fitness Schedule!

recreation@north-olmsted.com 26000 Lorain Road 440.734.8200

NORTH OLMSTED PARKS & RECREATION