

# Tammy Mills

## Fitness Forum Trainer Since 2002

Tammy Mills is a fitness instructor and has been with Fitness Forum since 2002. She is a "hands on" instructor dedicated to helping members meet and surpass their fitness goals. She does this with an outgoing personality and a "You can do this!" attitude that is quite evident in her teaching and coaching.

She is currently teaching several Power Cycling classes in addition to Core training classes. She encourages you to join in on the fun, as she believes the more the merrier! Tammy currently holds certifications in Group Fitness, Personal Training, Moms-in-Motion Prenatal and Postpartum, and is a Schwinn Cycling Coach. Additional interests include sports nutrition and lifestyle and weight management.

When not at the gym, Tammy likes to spend time with her husband Rob, and children Riley and Alyssa. Tammy believes in "walking the talk" so she spends a lot of time working out in the gym herself. She also enjoys outdoor activities, so hikes and cycles whenever she can.