

Sussette Gomez Miami Personal Trainer

Sussette Gomez: Miami dance and fitness trainer.

Sussette Originally from Cuba, has been traveled to numerous countries as a dance teacher and Fitness instructor. She has experience working with children, adults and seniors. Sussette believes that with your hard work and dedication mixed with her motivation you can reach your fitness goals all while having some fun and healthy lifestyle.

Sussette combined traditional dance steps with aerobic movements to create a fun dance fitness exercise class. She shows you how learn to dance and burn off extra energy!. Whiling she is teaching a Silver Sneaker class you improve your strength, flexibility, balance and endurance.

Certifications:

1. Certified as a Zumba Instructor.
2. Certified as a Silver Sneaker Instructor.
3. Certified as a Dancer and choreographer.
4. CPR Certified

Specialties:

1. Aerobics Instructor.
2. Zumba Instructor.
3. Silver Sneaker Instructor.
4. Spinning Instructor and Pilates.