



**WINTER 2015**  
**NSU RECPLEX**  
**GROUP EXERCISE**  
**INSTRUCTORS**



**Name:** **Nancy Bernreuter**

**Years of Teaching Experience:** 25 years

**Classes I Teach:** Spinning, Cardio, Strength, Water, and Fitness for the Disabled

**My Education and/or Certifications:** Group Exercise Instructor (AFAA), Heartsaver/Aed (American Heart Association), USWFA (United States Water Fitness Association), AFAA Water Program, AFAA Mat I & 2 Pilates, Johnny G Spinning, Keiser Spinning, 24 Cycle

**What Inspires Me the Most:** People who try their hardest.

**Favorite Quote:** Inner strength gets you through the challenging times.”