

WHERE THE TRANSFORMATION HAPPENS



THE CLUB
at CENTURY PARK

YOLANDA ESQUIVEL | **MANAGER**



DEGREE(S):

B.S. Applied Studies Minor:
Communications

CERTIFICATIONS:

YogaMitra 200hr RYT & YogaFit
Levels 1 and 2

AFAA - Certified Personal Trainer

Pilates Mat Certified

Certified in the following formats:
TRX, Stability Ball, Cycling, Kettlebell

American Red Cross - First Aid
& CPR

ABOUT:

Yolanda has been in the Fitness Industry for over 20 years. She started as a professional dancer while simultaneously personal training clients and teaching group exercise. She has been a fitness competitor in the states and abroad. She previously managed group exercise and personal training departments for commercial, private and corporate gyms. She believes wholeheartedly in wellness and has a lead by example approach.

Hobbies: Social dance, acroyoga, surfing, acting, and traveling.



TRAINING



CARDIO



SPINNING



PILATES



YOGA