

Tiffany has been a spin instructor since April 2016

Her education and/or certifications: Mad Dogg Athletics, Certified Spin Instructor

What inspires her most: "I love the comradery at the MAC-it feels like a second home to me.

I also love how exercise makes me feel. It's empowering!"

Favorite Fitness Quote: "I already know what giving up feels like. I want to see what happens if I don't."

