



Brenda Hoffa Certified 200-HR Teacher

I have over 20 years of experience in the fitness industry, where fitness is not just my career but a way of life. In my professional journey, I have served as a Wellness/Fitness Coordinator for 17 years and currently hold the position of Wellness Coordinator and Certified Health Coach at Stone Ridge Retirement in Myerstown, PA.

I bring extensive expertise as a certified Les Mills Body Pump instructor (15 years) and Core instructor (10 years), with past certifications in Les Mills Body Balance and Zumba. Additionally, I have been a Group Exercise Certified Instructor for 20 years, leading classes in nearly every fitness format.

As a Certified Yoga Teacher, I am deeply passionate about guiding individuals on their yoga journey, helping them discover their personal edge and cultivate inner peace. I am excited to bring my experience and enthusiasm to The Nest and look forward to enhancing the yoga experience for all students.