

Life Time - Video Production | Corporate Leadership Conference Color

I definitely feel that it is inside Life Time's DNA to be the best. You can see the passion. You can see the love.

It's all about the way we feel and the way that we move together in class, just that passion.

What I like to see is connection, fun, laughter, actual enjoyment.

[GROWLS]

I always try to go above and beyond the expectations, not only of myself but even of the guests and the members.

Being a bad ass coach, I'm always going to make sure that you know that I'm present. So regardless if you're in class or out of class, you're going to know who coach is.

Go, go, go!

I do hair because I have loved hair since I was born.

When a member comes into the club, it's like the whole club should be there to help that person reach the goals they want to reach. I take a lot of pride in that.

I think that yoga has the power to change the world.

Yoga is a big metaphor for life.

It's happiness, sadness, joy, tears, laughter, and everything in between.

When somebody can fall in love with fitness and health, then that is the end all, be all goal.

3, 2, 1, time!

You've got to be passionate about wanting to help people. If you lead with your heart, I think everything else follows.

[MUSIC PLAYING]