

Angelia Mercado
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A vivid memory that prompted Angie's obsession for music and dance was watching episodes of "Soul Train" while cleaning the house on Saturday mornings in the early 80's. "I would constantly mimic choreography and watch videos of performers like Michael Jackson, Janet Jackson and Madonna." In high school, Angie joined a competitive cheerleading squad that ranked both locally and nationally.

After high school, she spent 2 years as a summer camp coach for the Universal Cheerleading Association (UCA). Angie worked as a choreographer and coach for both pop warner and high school cheerleading teams, which triggered an interest in group instruction. After high school, she attended community college and transferred to the University of San Francisco where she received a Bachelor of Arts Degree in Exercise Sports Science.

While attending college, Angie started teaching group exercise classes such as Step, Body Sculpting and Cardio Kickboxing for clubs in the East Bay and San Francisco. She obtained certifications with ACE and NSCA/CSCS and began personal training, which allowed her to gain experience working with clients one-on-one. After graduating college, Angie spent seven years in the pharmaceutical industry while continuing to teach fitness classes.

Getting married and having a child brought Angie full-circle. She is now able to focus on the true passions in her life, family and fitness. She currently teaches a variety of group exercise classes that incorporate dance, martial arts, athletic conditioning, and body sculpting. She also enjoys one-on-one time with her personal training clients. "I have learned so much from training clients individually.

"There is not one prescription that works for every person. We are all designed differently making the journey toward each person's goals a bit different. What motivates one person may not affect another." Angie resides in Redwood City, CA with her husband Ray and son Dominic. She continues to re-invent the way she teaches and shares her passion for fitness with all who join her classes.

"It is so freeing to focus on the work that inspires me and feels natural. Bringing "Zumba" into my mix of classes has allowed me to grow as an instructor. My students challenge me to be vulnerable and risky. I am able to exercise my brain while utilizing my passion for choreography. I feel by gaining confidence with repetition, people overcome their fear of dance. My job is to encourage my students to have fun!"