



Tammy with her mentor Mark Bell, Sling Shot



## MEET TAMMY!

Owner and Director of Davis Swim and Fitness, Yolo CrossFit, and Yolo CrossFit Kids

CrossFit Level 1, Level 2 Trainer and CrossFit Kids Trainer, AFAA Certified 2005-2013, IFA Step-Kickboxing-Trainer, Pilates Mat Certified and Pilates Institute of America Certified, Bachelors of Science in Business Management, University of Phoenix 2000

### What is your fitness philosophy?

Be true to your body and give it what it needs to be healthy and strong, injury free, stay motivated and true to your workouts..... "Respect Your Body It's The Only One You Get"!

### What are your areas of expertise?

Coaching CrossFit Athletes, Seniors, Teens and Kids (5 years) Managing Annual CrossFit Competitions, Teaching Group Exercise Classes; Strength, Kick Boxing, Pilates, Yoga, Boot Camp (37 Years), Managing Health Clubs, Marketing and Sales.

### What is your greatest fitness accomplishment?

As a teen, I was a competitive gymnast and then began teaching group exercise classes in my 20's; 1st Place Hard Bodies Competition '89, Winner of SC Aerobic Competition '90, placed third in SC Fittest Female '92

### What are your goals as a coach?

To help our Davis community get fit, working with all levels of fitness as they get stronger and hitting their personal fitness goals. I love the energy. I love our community and I love the passion of every athlete/member as they strive for their own accomplishments within.

### What is your regular fitness regime?

I work on mobility, strength and cardio 4-5 times per week with CrossFit, Yoga and Special Group Exercise Classes. My goal is to stay strong and be a positive roll model for the YCF athletes and DSF members. I believe in what I preach and I love what I do.... It doesn't get any better than that!

### What else would you like YCF members to know about you?

I am here for YOU! My door and email is always open for extra encouragement and direction to help you meet ALL your fitness needs and goals. I stay awake at night thinking of better ways to improve our facility, and to get the equipment needed to get the job done. I only hire the best staff and it shows in the RESULTS!

### Any fitness advice for someone reading this profile?

Don't wait to get started on your fitness goals, don't procrastinate, just jump in and enjoy the journey ... Its worth it for your mind, body and your loved ones.

