

# Teacher is practical about fitness

By Coty Dolores Miranda  
SPECIAL FOR THE REPUBLIC

Carrie McNeish balanced with ease atop a blue Bosu, a half-domed balance trainer, while lifting a 16-pound body bar and chatting about physical training.

"This is a great for core strengthening but you don't find that many instructors who use it," she said.

McNeish wasn't marketing the plastic half ball; for her, it's just one tool in a large arsenal used for her upcoming group fitness instructor class, a 14-week course she's teaching at the South Mountain Community College beginning Sept. 1.

The impetus for the class has long been in the making, said McNeish, who seldom speaks without simultaneously smiling.

"Though there are many different organizations that you can get certified with in group fitness, none of them really focus efforts on the practical application side of teaching," she said. "I think that is the part of the job that's most important as it's what their class participants see."

McNeish, who's been teaching group fitness classes for 19 years, is also specialty-certified in step, floor, aqua, cycle, kickbox, line dance, Pilates, yoga and personal training.

She recently became a mentor trainer for the U.S. Exercise Safety Association, enabling her to facilitate group fitness certifications on a one-to-one basis.

Group fitness training is a lot more than going through the motions, no matter how well choreographed they may be, she said.

"Certification training includes the study of anatomy, physiology and exercise science," she said. "For the class I'm offering through South Mountain Community College, the 21-hour curriculum takes participants from basic floor aerobics training to the more specialized exercise forms including step, cycle and aqua. "Students are trained in how to teach and how to put choreography together for fun, safe and effective classes."

McNeish, a mother of two boys, Justin and Alex, and wife of Southwest Airlines pilot Andy McNeish, is a walking advertisement for the benefits of exercise.



COTY DOLORES MIRANDA/SPECIAL FOR THE REPUBLIC

Ahwatukee resident Carrie McNeish believes that humor should be a component of fitness classes.

## How to register

For more information on the upcoming group fitness instructor training class at SMCC or McNeish's other classes, visit her Web site at [www.dancemeetsfitness.net](http://www.dancemeetsfitness.net). To register, phone 480-659-3070, or do so at [www.southmountaincc.edu](http://www.southmountaincc.edu)

Besides the SMCC classes, she also offers instruction in dance and fitness throughout Ahwatukee and still finds time to lead parent-teacher groups as co-president at Kyrene Monte Vista Elementary and vice president at Altadena Middle School.

"I started teaching group fitness classes back in the Jane Fonda leg-warmer days," she said.

"Several years ago, when I left the corporate world to become a stay-at-home mom, I developed my own twist on line dancing called 'Linedancercise' and it's still popular. But, as I'm getting older, I realized I wanted to share my years of experience and training with others."

McNeish's classes always include humor.

"I try to promote in all my classes that exercise should be fun," she said.

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