



Hi!

I am Coach Elle and I teach Frogs and Pollywogs at the South Gym! Growing up I did recreational gymnastics for 5 years, and I was also a competitive synchronized swimmer. Now I compete in weightlifting and Crossfit to stay strong! I've been coaching gymnastics for 6 years now and I used to run a gym program for kids with special needs back home in Sacramento. I can't wait to meet you soon and learn some fun gymnastics skills together! FUN FACT: I once back squatted two times my body weight!

- Elle Lloyd