



Ashleigh

Mota-Medeiros

FITNESS INSTRUCTOR

CONTACT

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ABOUT

Experienced fitness professional in Southeastern Massachusetts, leading classes in gyms and studios since 2010.

LICENSES

ZUMBA®

Basic rhythms and advanced rhythms
Zumba Toning
Zumba Kids and Kids Jr.

STRONG NATION®

CIRCL MOBILITY™

EXPERIENCE

TOTAL FITNESS CLUBS

Group Fitness Instructor
2017 – Present

FIT CLASSES WITH ASHLEIGH

Virtual Group Fitness Instructor
2020 – 2022

DARTMOUTH ATHLETIC CLUB SOUTHCOAST FITNESS / CLUB FIT

Group Fitness Instructor
2013 – 2020

ESCAPE TO FITNESS

Group Fitness Instructor
2010 – 2013

References available upon request