

## **Cindy Braden**

Cindy Braden is creator and owner of Work 4 It personalized fitness and aerobics studio. An innovator of fitness techniques and training, Cindy has been involved in fitness, rehabilitation and various types of sports training for more than 18 years. She discovered the need for individuals to incorporate a personalized diet and exercise program in their lifestyles while attending Respiratory Therapy College in Los Angeles. She is known for her insight into personal training and has created numerous personal-training programs for a wide range of clients.

Cindy is blazing a trail of empowered fitness and health programs for individuals. Her customized programs and personal attention help real people achieve real goals. She has developed specialized programs for sports, pre-natal, youth and the senior population. Her goal is to reach all ages of people and introduce this evolution of aerobics in a small group environment to assure the proper form and instruction is learned and implemented.