



**WAVERLEY OAKS**  
ATHLETIC CLUB

# ELVIE MAHONEY

*Take Fitness Classes with our Group Fitness Instructor of the Month*

NOVEMBER

GROUP FITNESS  
INSTRUCTOR OF  
THE MONTH

2019

Elvie grew up in the Philippines. She is a world traveler and often explores new places with her 18-year old daughter, Gillian, and her better half, Ed. She loves hiking, snorkeling, and trying all types of delicacies. Her professional life is in the audit world: she is a CPA, Certified Internal Auditor and Certified Fraud Examiner.

Elvie is has been a fitness enthusiast for several years. She has been a dedicated participant in all varieties of group exercise classes, including yoga, high intensity training, and many of the Les Mills programs. Several fitness instructors inspired and mentored her through the certification process for Body Jam and Body Pump. They witnessed her devotion and ability and motivated her to succeed.

Elvie's passion for fitness started with running races such as 5k's, half marathons, and obstacle courses such as Warrior Dash and Spartan Race. She is an avid dancer and was a member of Onstage Dance Company for 5 seasons. She performed in 10 shows with hip hop, Bollywood and jazz styles. She is also a certified Zumba instructor. Elvie's teaching style focuses on connecting with members through demonstration of the benefits of being in class. She motivates participants to challenge themselves to build stamina and endurance. She welcomes all new and regular members with enthusiasm and a contagious smile to make them feel part of a fun learning community.



6:30pm Wednesday  
**LesMills**  
**BODYPUMP**