



Emeritus Institute Instructor

Elizabeth Chavez

Where were you born?

Santa Monica, California

Where did you grow up?

On the beach in Playa del Rey

What is your educational background?

I hold a Master's degree in Physical Education Administration from California State University, Dominguez Hills, and a Bachelor of Science degree in Kinesiology from California State University, Los Angeles.

Do you teach at other colleges or universities?

I currently teach at Santa Monica College and have for the past 20 years. I have also taught at Long Beach City College for the past six years. I formerly taught Emeritus classes at Santa Monica College.

When did you discover your passion for instruction and how did that occur?

I grew up playing all kinds of sports and games with my two older brothers. I followed their model and became a professional athlete, as they did. This created a natural transition from athlete to instructor. I've taught in many clubs and gyms. Originally, I was a personal trainer, but one Saturday morning when I arrived at the gym at 7:30 am, the owner approached me looking a bit frantic. He asked me if I could teach an aerobics class because the instructor didn't show up. I said "yes," and the rest is history.

What is your favorite aspect of your chosen career?

Helping people feel healthy, confident and proud of themselves through physical fitness.

What is the one quality you feel best describes you?

Trustworthy. As a coach and fitness instructor, people often tell me very personal information about themselves, which I respect. I do not divulge this information to anyone. Clients can also trust I will give them a safe and effective exercise program.

What other interests, hobbies and pastimes are you passionate about?

I love to play sports like tennis, volleyball, swimming, and bike riding. I take a lot of workshops and seminars to keep educationally current. I garden, re-upholster furniture, crochet throw blankets and enjoy spending time with my husband..

What do you think you'll enjoy most about teaching for the Emeritus Institute?

Everything! The students, faculty and administration are all so supportive, helpful and nice! I am very grateful to be a part of the Saddleback College Emeritus Institute.

What message would you like to send to your current and future Emeritus Students about what they can expect from your classes?

If you want a fun and effective workout, give my class a try! I love what I do and want to share that energy with you!

What are some "FUN FACTS" about you?

- I was a professional beach volleyball player for 15 years.
- I've been married for 25 years.
- I love animals -- dogs, cats and elephants, as well as marine mammals, especially whales, dolphins and manatees.
- * I learned to ride a motorcycle and received my motorcycle license when I turned 50.*