



INTRODUCING

Brooke Musseau

Group Fitness Instructor



Coaching isn't just my career—it's my passion. With more than a decade in the fitness industry, I bring experience, energy, and purpose to every class. I've coached everyone from first-time gym members to competitive athletes, helping people build strength, confidence, and lasting healthy habits. As a CrossFit Level 2 Trainer, Indoor Cycling Instructor, Functional Fitness Coach, wife, mother of three, and dedicated youth sports coach, I believe fitness should strengthen not only our bodies but also our families, communities, and mindset. My mission is to create an environment where every athlete feels challenged, supported, and empowered to become the strongest version of themselves.

EDUCATION & CERTIFICATIONS

- CrossFit Level 2 Trainer (CF-L2)
- FITOUR Indoor Cycling Instructor
- FITOUR Group Fitness Instructor
- CrossFit Gymnastics Course
- CrossFit Judges Course
- Youth Development Coach

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

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